

THE
COMPLEAT
COOK:

Expertly prescribing the
most ready wayes,

whether { *Italian,*
Spanish,
or French,

For dressing of *Flesh*, and
Fish, ordering of *sauces*,
or making of

PASTRY!

LONDON,
Printed for Nath. Brooke, at the Angel in
Cornhill, 1662.





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an, Spanish, or French, for
dressing of F L E S H
and F I S H, &c.

*To make a Posset, the Earle of Arun-
dels Way.*

TAke a quart of Cream, and a
quarter of a Nutmeg in it, then
put it on the fire, and let it
boil a little while, and as it
is boiling, take a Pot or Bason, that you
mean to make your Posset in, and put in
three spoonfuls of Sack, & some eight of
Ale,

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Ale, and sweeten it with Sugar, then set it over the Coles to warm a little while, then take it off and let it stand till it be almost cool, then put it into the pot or bason, and stir it a little, and let it stand to simmer over the fire an hour or more, for the longer the better.

To boil a Capon larded with Lemons.

TAKE a fair Capon and truss him, boil him by himself in fair water, with a little small Oat-meal, then take mutton broth, and half a pint of White-wine, a bundle of herbs, whole Mace, season it with verjuice, put marrow, dates, season it with Sugar, then take preserved Lemons and cut them like lard, and with a larding pin lard it in, then put the Capon in a deep dish, thicken your broth with Almonds, and pour it on the Capon.

To bake Red Deer.

PARBOIL it, and then sauce it in vinegar, then lard it very thick, and season it with pepper, ginger, and nutmegs, put it into a deep pie with good store of sweet butter, and let it bake, when it is baked, take a pint of Hippocras, half a pound of

of sweet butter, two or three Nutmegs, a little Vinegar, pour it into the Pye in the Oven and let it lye and soak an hour, then take it out, and when it is cold stop the vent hole.

To make fine Pan-cakes fried without Butter or Lard.

TAKE a pint of Cream, and six new laid Eggs, beat them very well together, put in a quarter of a pound of Sugar, and one Nutmeg or a little beaten Mace (which you please) and so much flour as will thicken almost as much as ordinarily Pan-cake batter; your Pan must be heated reasonably hot and wiped with a clean Cloth, this done put in your Batter as thick or thin as you please.

To dresse a Pig the French manner.

TAKE it and spit it, and lay it down to the fire, and when your Pig is through warm, skin her, and cut her off the Spit as another Pig is, and so divide it in twenty pieces more or less as you please; when you have so done, take some White-wine and strong broth, and stew it therein, with an Onyon or two mixed very small, a little

Time also minced with nutmeg sliced and grated Pepper, some Anchoves and Elder Vinegar, and a very little sweet Butter, and Gravy if you have it, so dish it up with the same liquor it is stewed in, with French Bread sliced under it, with Oranges and Lemons.

To make a Steak Pye, with a French Pudding in the Pye.

SEason your steaks with Pepper and nutmegs, and let it stand an hour in a tray then take a piece of the leanest of a Leg of Mutton, and mince it small with Suet, and a few sweet herbs, tops of yong time, a branch of Penniroyal, two or three of red Sage, grated bread, yolks of Eggs, sweet Cream, Raisins of the Sun; work all together like a pudding with your hand stiff, and roul them round like balls, and put them into the steaks in a deep coffin, with a piece of sweet Butter; sprinkle a little Verjuyce on it, bake it, then cut it up, and roul sage leaves and fry them, and stick them upright in the walls, and serve your Pye without a cover, with the juyce of an Orange or Lemon.

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An excellent way of dressing fish.

TAKE a piece of fresh Salmon, and wash it clean in a little vinegar and water, and let it lie a while in it, then put it into a great Pipkin with a cover, and put to it some six spoonfulls of water, and four of vinegar, and as much of white wine, a good deal of salt, a handfull of sweet herbs, a little white sorrel, a few Cloves, a little stick of Cinnamon, a little Mace, put all these in a Pipkin close, and set it in a Kettle of seething water, and there let it stew three hours.

You may do Carps, Eels, Trouts, &c. this way, and they taste also to your mind.

To fricate Sheeps feet.

TAKE sheeps feet, slit the bone, & pick them very clean, then put them in a Frying-pan, with a ladlefull of strong broth, a piece of butter, and a little Salt, after they have fried awhile, put to them a little Parsley, green Chibals, a little yong Spearmint and Time, all shred very small, & a little beaten pepper; when you

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think they are fryed almost enough, have a lear made for them with the yolks of two or three Eggs, some gravy of Mutton, a little Nutmeg, and juyce of a Lemon wrang therein, and put this lear to the sheeps feet as they fry in the pan, then tosse them once or twice, and put them forth into the Dish you mean to serve them in.

To fricate Calves Chaldrons.

TAKE a Calves Chaldron, after it is little more then half boiled, and when it is cold, cut it into little bits as big as Walnuts; season it with beaten Cloves, Salt, Nutmeg, Mace, and a little Pepper, an Onion, Parsley, and a little Tarragon, all shred very small, then put it into a frying-pan, with a Ladlefull of strong broth, and a little piece of sweet butter, so fry it; when it is fryed enough, have a little lear made with the Gravy of Mutton, the juyce of a Lemon and Orange, the yolks of three or four Eggs, and a little Nutmeg grated therein; put all this to your Chaldrons in the Pan, tosse your Fricat two or three times, then dish it, and so serve it up.

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To Fricate Champignons.

MAKE ready your Champignons as you do for stewing, and when you have poured away the black Liquor that comes from them put your Champignons into a Frying-Pan with a piece of sweet Butter, a little Parsley, Time, sweet Marjoram, a piece of Onyon shred very small, a little Salt and fine beaten Pepper, so fry them till they be enough, so have ready the lear abovesaid, and put it to the Champignons whilst they are in the Pan, tosse them two or three times, put them forth and serve them.

To make Buttered Loaves.

TAKE the yolks of twelve Eggs, and six whites, and a quarter of a pint of yeast, when you have beaten the Eggs well, strain them with the yeast into a dish, then put to it a little Salt, and two rasps of Ginger beaten very small, then put flour to it till it come to a high Past that will not cleave, then you must roule it upon your hands, and afterwards put it into a warm Cloth, and let it lie there a quarter of an hour, then make it up in little Loaves, bake it

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against it is baked, prepare a pound and a half of Butter, a quarter of a pint of white wine, and half a pound of Sugar; this being melted and beaten together with it, set them into the Oven a quarter of an hour.

To marline Carps, Mullet, Gurnet, Rochet, or Wale, &c.

Take a quart of water to a gallon of vinegar, a good handful of Bay-leaves, as much Rosemary, a quarter of a pound of Pepper beaten; put all these together, and let it seethe softly, and season it with a little salt, then fry your fish with frying Oyl till it be enough, then put in an earthen vessel, and lay the Bay-leaves and Rosemary between and about the Fish, and pour the Broth upon it, and when it is cold, cover it, &c.

To make a Calves Chaldron Pie.

Take a Calves Chaldron, half boil it, & cool it; when it is cold mince it as small as grated bread, with half a pound of Marrow; season it with salt, beaten Cloves, Mace, Nutmeg, a little Onyon, and some of the outmost rind of a Lemon minced

minced very small, and wring in the juyce of half a Lemon, and then mix all together, then make a piece of puff paste, and lay a leaf thereof in a silver dish of the bignesse to contain the meat, then put in your meat, and cover it with another leaf of the same paste, and bake it; and when it is baked take it out and open it, and put in the juyce of two or three Oranges, stir it well together, then cover it again and serve it. Be sure none of your Orange kernels be among your Pye-meat.

To make a Pudding of a Calves Chaldron.

Take your Chaldron after it is half boiled and cold, mince it as small as you can with half a pound of beef-suet, or as much marrow, season it with a little onyon, Parsley, Tyme, and the outmost rind of a piece of Lemon, all shred very small, Salt, beaten Nutmeg, Cloves and Mace mixed together, with the yolks of four or five Eggs, and a little sweet Cream; then have ready the great guts of a Mutton seraped and washed very clean; let your Gur have lain in white-wine and Salt half a day before you use it; when your meat is mixed & made up somewhat stiff, put it into the sheeps gut, and so boil it, when

when it is boiled enough, serve it to the Table in the Gut.

To make a Banbury Cake.

Take a peck of pure Wheat-flower six pound of Currans, half a pound of Sugar, two pound of Butter, half an ounce of Cloves and Mace, a pint and a half of Ale-yeast, and a little Rose-water; then boil as much new milk as will serve to knead it, and when it is almost cold, put into it as much Sack as will thicken it, and so work it all together before a fire, pulling it two or three times in pieces, after make it up.

To make a Devonshire White-pot.

Take a pint of Cream and strain four Eggs into it, and put a little Salt and a little sliced Nutmeg, and season it with Sugar somewhat sweet, then take almost a penny Loaf of fine bread sliced very thin, and put it into a Dish that will hold it, the Cream and the Eggs being put to it, then take a handfull of Raisins of the Sun being boiled, and a little sweet Butter, so bake it.

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To make Rice Cream.

Take a quart of Cream, two good handfuls of Rice-flower, a quarter of a pound of Sugar and flower beaten very small, mingle your Sugar and flower together, put it into your Cream, take the yolk of an Egg, beat it with a spoonfull or two of Rose-water, then put it to the Cream, and stir all these together, and set it over a quick fire, keeping it continually stirring till it be as thick as water-pap.

To make a very good great Oxfordshire Cake.

Take a peck of flour by weight, and dry it a little, and a pound and a half of Sugar, an ounce of Cinamon, half an ounce of Nutmegs, a quarter of an ounce of Mace & Cloves, a good spoonful of Salt, beat your Salt and Spice very fine, and searce it, and mix it with your flower and Sugar; then take three pound of Butter and work it in the flour, it will take three hours working; then take a quart of Ale-yeast, two quarts of Cream, half a pint of Sack, six grains of Ambergreece dissolved in it, half a pint

pint of Rosewater, sixteen Eggs, eight of the whites, mix these with the flour, and knead them well together, then let it lie warm by your fire till your Oven be hot, which must be little hotter then for manchet; when you make it ready for your oven, put to your cake six pound of Currans, two pound of Raisins of the Sun stoned & minced, so make up your cake, and set it in your oven stopt close; it will take three hours baking; when baked, take it out and frost it over with the white of an Egg & Rosewater well beat together, and strew fine sugar upon it, and then set it again into the oven, that it may ice.

To make a Pumpkin Pye.

TAKE about half a pound of Pumpkin & slice it, a handfull of Time, a little Rosemary, Parsley, and sweet Marjoram slipped off the stalks, & chop them small, then take Cinamon Nutmeg, Pepper, and six Cloves, and beat them; take ten Eggs and beat them, then mix them, and beat them altogether, & put in as much sugar as you think fit, then fry them like a froiz; after it is fryed, let it stand till it be cold, then fill your Pye, take sliced Apples thin round ways, and lay a row of the Froiz, and a layer of Apples with Currans

Currans betwixt the layer while your pie is fitted, and put in a good deal of sweet butter before you close it; when the pie is baked, take six yolks of Eggs, some white-wine or Verjuyce, and make a Caudle of this, but not too thick; cut up the lid and put it in, stir them well together whilest the Eggs and Pumpions be not perceived, and so serve it up.

To make the best Sausages that ever was eat.

TAKE a leg of young Pork, and cut off all the lean, and shred it very small, but leave none of the strings or skins amongst it, then take two pound of Beef-suet. and shred it small, then take two handfulls of red Sage, a little Pepper and Salt, and Nutmeg, and a small piece of an Onyon, chop them altogether with the flesh and suet; if it is small enough, put the yolk of two or three Eggs, and mix altogether, and make it up in a paste if you will use it, rowl out as many pieces as you please in the form of an ordinary Sausage, and so fry them, this paste will keep a fortnight upon occasion.

To boil a Fresh Fish.

TAKE a Carp, or other, and put them into a deep dish, with a pint of White-Wine, a large Mace, a little Time, Rosemary, a piece of sweet Butter, and let him boil between two dishes in his own blood, season it with Pepper and Verjuyce, and so serve it up on sippets.

To make Fritters.

TAKE half a pint of Sack, a pint of Ale, some Ale-yeast, nine Eggs, yolks and whites, beat them very well the Eggs first, then altogether, put in some Ginger, and Salt, and fine flower, then let it stand an hour or two, then shred in the Apples; when you are ready to fry them, your suet must be all Beef-suet, or half Beef, and half Hoggs-suet dried out of the leaf.

To make Loaves of Cheese-Curds.

TAKE a Porringer full of Curds, and four Eggs, whites, and yolks, & so much flour as will make it stiff, then take a little Ginger, Nutmeg, and some Salt, make them into loaves, and set them into an oven with
a quick

a quick heat; when they begin to change colour take them out, and put melted butter to them, and some Sack, and good store of Sugar, and so serve it.

To make fine Pies after the French Fashion.

TAKE a pound and half of Veal, two pound of Suet, two pound of great Raisins stoned, half a pound of Prunes, as much of Currans, six Dates, two Nutmegs, a spoonfull of Pepper, an ounce of Sugar, an ounce of Carawayes, a Saucer of Verjuyce, and as much Rosewater, this will make three fair Pyes, with two quarts of flour, three yolks of Eggs, and half a pound of Butter.

A singular Receipt for making a Cake.

TAKE half a peck of flour, two pound of Butter, mingle it with the flour, three Nutmegs, and a little Mace, Cinamon, Ginger, half a pound of Sugar, leave some out to strew on the top, mingle these well with the flour and Butter, five pound of Currans well washed, and pickt, and dried in a warm Cloth, a wine pint of Ale yeast, six Eggs leave out the whites, a quart of Cream boiled and almost cold again:
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work it well together, and let it be very lith, lay it in a warm Cloth, and let it lye half an hour against the fire. Then make it up with the white of an Egg, a little Butter, Rose-water, and Sugar; ice it over and put it into the oven, and let it stand one whole hour and a half.

To make a great Curd Loaf.

Take the Curds of three quarts of new milk clean whayed, and rub in to them a little of the finest flour you can get, then take half a race of Ginger, and slice it very thin, and put it into your Curds with a little salt, then take half a pint of good Ale Yeast and put to it, then take ten Eggs, but three of the whites, let there be so much flour as will make it into a reasonable stiff paste, then put it into an indifferent hot cloth, and lay it before the fire to rise while your Oven is heating, then make it up into a Loaf, and when it is baked, cut up the top of the Loaf, and put in a pound and a half of melted Butter, and a good deal of Sugar in it.

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To make buttered loaves of Cheese-Curds.

Take three quarts of new milk, & put in as much Rennet as will turn, take your Whay clean away, then break your curds very small with your hands, and put in six yolks of Eggs, but one white; an handful of grated bread, an handful of Flower, a little salt mingled altogether; work it with your hand, roul it into litle Loaves, then set them in a Pan buttered, then beat the yolk of an egg with a little beer, and wipe them over with a feather, then set them in the oven as for mancher, and stop that close three quarters of an hour, then take half a pound of Butter, three spoonfuls of water, a nutmeg sliced thin, a little sugar, set it on the fire, stir it till it be thick, when your loaves are baked, cut off the tops and butter them with this butter, some under, some over, and strow some sugar on them.

To make Cheese-loaves.

GRate a wheat loaf, and take as much curd as bread, to that put eight yolks of Eggs, and four whites, and beat them very well, then take a little cream, but let it

it be very thick, put altogether, and make them up with two handfulls of flour, the Curds must be made of new Milk and whayed very dry, you must make them like little Loaves and bake them in an Oven; and being baked cut them up, and have in readiness some sweet Butter, Sugar, Nutmeg sliced and mingled together, put it into the Loaves, and with it stir the Cream well together, then cover them again with the tops, and serve them with a little Sugar scraped on.

To make Puff.

TAKE four pints of new Milk; Rennet, take out all the Whay very clean, and wring it in a dry Cloth, then strain it in a wooden Dish till they become as Cream, then take the yolks of two Eggs, and beat them and put them to the Curds, and leave them with the Curds, then put a spoonful of Cream to them, and if you please half a spoonful of Rose-water, and as much flour beat in it as will make it of an indifferent stiffness, just to roul on a Plate, then take off the Kidney of Mutton, fuet and purifie it, and fry them in it, and serve them in with Butter, Rose-water and Sugar.

*To**To make Elder Vinegar.*

GATHER the flowers of elder, pick them very clean, and dry them in the Sun on a gentle heat, and take to every quart of vinegar a good handfull of flowers, and let it stand to Sun a fortnight, then strain the vinegar from the flowers, and put it into the barrel again, and when you draw a quart of vinegar, draw a quart of water, and put it into the barrel lukewarm.

To make good Vinegar.

TAKE one strike of Malt, and one of Rye ground, and mash them together, and take (if they be good) three pound of Hops, if not four pound; make two Hogs-heads of the best of that Malt and Rye, then lay the Hogs-heads where the Sun may have power over them, and when it is ready to tun, fill your Hogs-heads where they lie, then let them purge clear, and cover them with two slate stones, and within a week after when you bake, take two wheat loaves hot out of the oven, and put into each Hoghead a loaf; you must use this four times, you must brew this in April, and let

let it stand till *June*, then draw them clearer, then wash the Hogheads clean, and put the beer in again, if you will have it Rose-vinegar, you must put in a strike and a half of Roses, if elder-vinegar, a peck of the flowers; if you will have it white, put nothing in it after it is drawn, and so let it stand till *Michaelmas*; if you will have it coloured red, take four gallons of strong Ale as you can get, and elder-berries picked a few full clear, and put them in your pan with the Ale, set them over the fire till you guess that a pottle is wasted, then take it off the fire, & let it stand till it be stone cold, & the next day strain it into the Hoghead, then lay them in a Cellar or Buttery, which you please.

To make a Coller of Beef.

TAKE the thinnest end of a coast of beef boil it & lay it in pump-water, and a little Salt three days, shifting it once every day, and the last day put a pint of Claret wine to it, and when you take it out of the water, let it lye two or three hours draining, then cut it almost to the end in three slices, then bruise a little Cochinele, and a very little allum and mingle it with the claret wine, and colour the meat all over

ver with it, then take a dozen of Anchovies, wash them and bone them, and lay them into the beef, and season it with Cloves, Mace, & Pepper, and two handfuls of salt, and a little sweet marjorum, and Time, and when you make it up, roul the innermost slice first, & the other two upon it, being very well seasoned every where and bind it hard with tape, then put it into a stone pot, something bigger then the coller, and pour upon it a pint of Claret-wine, and half a pint of wine-vinegar, a sprig of Rosemary, and a few bay leaves, and bake it very well; before it is quite cold, take it out of the Pot, and you may keep it dry as long as you please.

To make an Almond Pudding.

TAKE two or three French Rowls, or white penny bread, cut them in slices, and put to the bread as much cream as will cover it, put it on the fire till your cream and bread be very warm, then take a ladle or spoon & beat it very well together, put to this twelve eggs, but not above four whites, put in beef suet, or marrow, according to your discretion, put a pretty quantity of Currans and Raisins, season the Pudding with nutmeg, mace, salt, and sugar,

Sugar, but very little flower, for it will make it sad and heavy; make a piece of puff paste as much as will cover your dish, so cut it very handsomely what fashion you please; butter the bottom of your dish, put the pudding into the dish, set it in a quick oven, not too hot as to burn it, let it bake till you think it be enough, scrape on sugar, and serve it up.

To boil Cream with French Barley.

TAKE the third part of a pound of French Barley, wash it well with fair water, and let it lie all night in fair water, in the morning set two skillers on the fire with fair water, and in one of them put your Barley, and let it boil till the water look red, then put the water from it, and put the Barley into the other warm water, thus boil it and change it with fresh warm water till it boil white, then strain the water clean from it, then take a quart of Cream, put into it a nutmeg or two quartered, a little large mace and some sugar, and let it boil together a quarter of an hour, and when it hath thus boiled, put into it the yolks of three or four Eggs, well beaten with a little

little Rose-water, then dish it forth, and eat it cold.

To make Cheese-Cakes.

TAKE three Eggs and beat them very well, and as you beat them, put to them as much fine flower as will make them thick, then put to them three or four Eggs more, and beat them altogether; then take one quart of Cream, and put into it a quarter of a pound of sweet butter, and set them over the fire, and when it begins to boyle, put to it your Eggs and flower, stir it very well, and let it boyle till it be thick, then season it with Salt, Cinnamon, Sugar and Currans, and bake it.

To Make a Quaking Pudding

TAKE a pint and somewhat more of thick Cream, ten eggs, put the whites of three, beat them very well with two spoonfuls of Rose-water: mingle with your Cream three spoonfuls of fine flower: mingle it so well, that there be no lumps in it, put it altogether, and season it according to your Taste: Butter a Cloth very well, and let it be thick that it may not run out, and let it boyle for

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half an hour as fast as you can, then take it up and make Sauce with Butter, Rose-water and Sugar, and serve it up.

You may stick some blanched Almonds upon it if you please.

To Pickle Cucumbers.

PUt them in an Earthen Vessel, lay first a Lay of Salt and Dill, then a Lay of Cucumbers, and so till they be all Layed, put in some Mace and whole pepper, and some Fennel-seed according to direction, then fill it up with Beer-Vinegar, and a clean board and a stone upon it to keepe them within the pickle, and so keep them close covered, and if the Vinegar is black, change them into fresh.

To Pickle Broom Buds.

TAke your Buds before they be yellow on the top, make a brine of Vinegar and Salt, which you must do onely by shaking it together till the Salt be melted, then put in your Buds, and keepe stirred once in a day till they be sunk within the Vinegar, be sure to keep close covered.

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To keep Quinces raw all the year.

TAke some of the worst Quinces and cut them into small pieces, and Coares and Parings, boyle them in water, and put to a Gallon of water, some three spoonfulls of Salt, as much Honey; boyle these together till they are very strong, and when it is cold, put it into half a pint of Vinegar in a wooden Vessel or Earthen Pot; and take then as many of your best Quinces as will go into your Liquor, then stop them up very close that no Aire get into them, and they will keep all the yeare.

To make a Gooseberry Fool.

TAke your Gooseberries, and put them in a Silver or Earthen Pot, and set it in a Skillet of boyling Water, and when they are coddled enough strain them, then make them hot again, when they are scalding hot, beat them very well with a good piece of fresh butter, Rose-water and Sugar, and put in the yolke of two or three Eggs; you may put Rose-water into them and so stir it altogether, and serve it to the Table when it is cold.

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To make an Oatmeale Pudding.

TAke a Porringer full of Oatmeale beaten to flower, a pint of Cream, one Nutmeg, four eggs beaten, three whites, a quarter of a pound of Sugar, a pound of Beefe-suet well minced, mingle all these together, and so bake it. An houre will bake it.

To make a green Pudding.

TAke a penny loafe of stale Bread, grate it, put to halfa pound of sugar, grated Nutmeg, as much Salt as will season it, three quarters of a pound of beef-suet shred very small: then take sweet Herbs, the most of them Marigolds, eight Spinages: shred the Herbs very small, mix all well together, then take two Eggs and work them up together with your hand, and make them into round balls, and when the water boyles put them in, serve them with Rose-water, Sugar, and Butter or Sauce.

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To make good Sausages.

TAke the lean of a Legge of Pork, and four pound of Beef-suet, or rather butter, shred them together very small, then season it with three quarters of an ounce of Pepper, and half an ounce of Cloves and Mace mixed together, as the Pepper is, a handfull of Sage when it is chopt small, and as much salt as you thinke will make them tast well of it; mingle all these with the meat, then break in ten Eggs, all but two or three of the whites, then temper it all well with your hands, and fill it into Hoggs guts, which you must have ready for them; you must tye the ends of them like puddings, and when you eat them you must boyle them on a soft fire; a hot will crack the skins, and the goodnesse boyle out of them.

To make Toasts.

CUt two peny Loaves in round slices, and dip them in half a pint of Cream or cold water, then lay them abroad in a Dish, and beat three Eggs and grated Nutmegs, and Sugar, beat them with
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the Cream, then take your frying Pan and melt some butter in it, and wet one side of your Toasts and lay them in on the wet side, then pour in the rest upon them, and so fry them; send them in with Rose-water, butter and sugar.

Spanish Cream.

PUt hot water in a Bucket and go with it to the Milking, then poure out the Water, and instantly milke into it, and presently strain it into milk-Pans of an ordinary fulnesse, but not after an ordinary way, for you must set your Pan on the ground and stand on a stool, and pour it forth that it may rise in bubbles with the fall; this on the morrow will be a very tough Cream, which you must take off with your Skimmer, and lay it in the Dish, laying upon laying; and if you please strew some sugar between them.

To make Clouted Cream.

TAke foure quarts of milke, one of Cream, six spoonfuls of Rose-water, put these together in a great earthen Milke-Pan, set it upon a fire of Charcoale well kindled, you must be sure

sure the fire be not too hot; then let it stand a day and a night; and when you go to take it off, loose the edge of your Cream round about with a Knife, then take your board, and lay the edges that is left beside the board, cut into many pieces, and them into the Dish first, and scrape some fine Sugar upon them, then take your board and take off your Cream as clean from the Milk as you can, and lay it upon your dish, and if your Dish be little, there will be some left, the which you may put into what fashion you please, and scrape good store of Sugar upon it.

A good Cream.

WHEN you Churn Butter, take out six spoonfuls of Cream, just as it is to turne to Butter, that is, when it is a little frothy; then boyle good Cream as much as will make a Dish, and season it with Sugar, and a little Rose-water; when it is quite cold enough, mingle it very well with that you take out of the Churn, and so Dish it.

To make Piramidis Cream.

TAKE a quart of water, and fix ounces of harts horn, and put it into a Bottle with Gum-dragon, and Gum-arabick, of each as much as a small Nut, put all this into the Bottle, which must be so big as will hold a pint more; for if it be full it will break; stop it very Close with a Cork, and tye a cloth about it, put the Bottle into a pot of beef when it is boyling, and let it boyle three hours, then take as much Cream as there is jelly, and half a pound of Almonds well beaten with Rose-water, so that you cannot discern what they be, mingle the Cream and the Almonds together, then strain it, and do so two or three times to get all you can out of the Almonds, then put jelly when it is cold into a silver Bason, and the Cream to it; sweeten it as you like, put in two or three grains of Musk and Amber-greece, set it over the fire, stirring it continually and skimming it, till it be seething hot, but let it not boyle, then put it into an old fashion drinking-Glasse, and let it stand till it is cold, and when you will use it, hold your Glasse in a warm hand, and loosen it with a Knife, and whelm it into a Dish, and have

have in readinesse Pine-Apple blown, and stick it all over, and serve it in with Cream or without as you please.

To make a Sack Cream.

SET a quart of Cream on the fire, when it is boyled, drop in a spoonfull of Sack and stir it well the while, that it curd not, so do till you have dropped in fix spoonfulls, then season it with Sugar, Nutmeg, and strong water.

To boyle Pigeons.

STUFFE the Pigeons with Parsley, and butter, and put them into an Earthen Pot, and put some sweet butter to them and let them boyle; take parsley, Tyme and Rosemary, chop them and put them to them; take some sweet butter, and put in withall some Spinage, take a little grosse pepper and Salt, and season it withall, then take the yolk of an Egge and strain it with Verjace, and put to them, lay sippers in the Dish and serve it.

To make an Apple Tansy.

PAre your Apples and cut them in thin round slices, then fry them in good sweet Butter, then take ten Eggs, sweet Cream, Nutmeg, Cinamon, Ginger, Sugar, with a little Rose-water, beat all these together, and poure it upon your Apples and fry it.

The French-Barly Cream.

TAke a quart of Cream, and boyle in a Porrenger of French-Barley, that hath been boyled in nine waters, put in some large Mace and a little Cinamon, boyling it a quarter of an hour; then take two quarts of Almonds blanch'd, and beat it very small with Rose-water, or Orange-water, and some Sugar; and the Almonds being strained into the Liquor, put it over the fire, stirring it till it be ready to boyle; then take it off the fire, stirring it till it be half cold; then put to it two spoonfulls of Sack or White-Wine, and when it is cold, serve it in, remembring to put in some salt.

*To**To make a Chicking or Pigeon Pye.*

TAke your pigeons (if they be not very young) cut them into four quarters, one sweet-bread sliced the long way, that it may be thin, and the pieces not too big, one Sheeps tongue, little more than parboyl'd, and the skin puld off, and the tongue cut in slices, two or three slices of Veale, as much of Mutton, young chickens (if not little) quarter them, Chick-heads, Lark, or any such like, Pullets, Coxcombs, Oysters, Calves-Udder cut in pieces, good store of Marrow for seasoning, take as much Pepper and Salt as you think fit to season it slightly; good store of sweet Marjoram, a little Time and Lemon-Pill fine sliced; season it well with these Spices as the time of the year will afford; put in either of Chestnuts (if you put in Chestnuts they must first be either boyl'd or roasted) Gooseberries or Guage, large Mace will do well in this Pye, then take a little piece of Veale parboyl'd and slice it very fine, as much marrow as meet stirred amongst it, then take grated Bread, as much as a quarter of the meat, four yolks of Eggs or more according to the stuff.

shred Dates as small as may be, season it with salt but not too salt. Nutmeg as much as will season it, sweet Marjoram pretty store very small shred, work it up with as much sweet Cream as will make it up in little Puddings, some long, some round, so put as many of them in the Pye as you please; put therein two or three spoonfuls of Gravy of Mutton, or so much strong Mutton broth before you put it in the Oven the bottome of boyled Artichokes, minced Marrow, over and in the bottom of the Pye after your Pye is baked; when you put it up, have some five yolks of Eggs minced, and the juyce of two or three Oranges, the meat of one Lemon cut in peices, a little White and Claret Wine; put this in your Pye being well mingled, and shake it very well together.

To

To boyle a Capon or Hen.

TAKE a young Capon or Hen, when you draw them, take out the fall of the Lease clean away, and being well washed, fill the belly with Oysters; prepare some Mutton, the neck, but boyle it in small peices and skim it well, then put your Capon into the Pipkin, and when it is boyled, skim't again; be sure you have no more water then will cover your meat, then put it into a pint of white wine, some Mace, two or three Cloves and whole Pepper; a quarter of an hour before your meat be boyled enough, put into the Pipkin three Anchoves stript from the Bones and washed, and be sure you put Salt at the first to your meat; a little Parsley, Spinage, Endive, Sorrell, Rosemary, or such kind of Herbs will do well to boyle with the Broth, and being ready to Dish it, having sippets, cut then take the Oysters out of the Capon, and lay them in the Dish with the Broth, and put some juyce of Lemons and Orange into it according to your taste.

To

To make bals of Veale.

TAke the lean of a Leg of Veal, and cut out the Sinews, mince it very small, and with it some fat of Beef suet; if the Leg of Veal be of a Cow Calf, the Udder will be good instead of Beef suet; when it is very well beaten together with the mincing Knife, have some Cloves, Mace, and Pepper beaten, and with Salt season your meat, putting in some Vinegar, then make up your meat into little Balls, and having very good strong Broth made of Mutton, set your Balls to boyle in it; when they are boyled enough, take the yolks of five or six Eggs well beaten with as much Vinegar as you please to like, and some of the Broth mingled together, stir it into all your Bals and Broth, give it a waume on the fire, then Dish up the Balls upon Sippits and poure the sauce on it.

To make Mrs. Shellyes Cake.

TAke a peck of fine flower, and three pound of the best Butter, work your flower and butter very well together, then take

take ten Eggs, leave out six whites, a pint and a halfe of Ale-yeast: beat the Eggs and yeast together, and put them to the flower; take six pound of blanched Almonds, beat them very well, putting in sometime Rose-water to keep them from Oyling; adde what spice you please; let this be put to the rest, with a quarter of a pint of Sack, and a little saffron; and when you have made all this into Past, cover it warme before the fire, and let it rise for half an hour, then put in twelve pound of Currans well washed and dryed, two pound of Raisins of the Sun stoned and cut small, one pound of Sugar; the sooner you put it into the Oven after the fruit is put in, the better.

To make Almond Fumballs.

TAke a pound of Almonds to half a pound of double refined Sugar beaten and Searced, lay your Almonds in water a day before you blanch them, and beat them small with your Sugar; and when it is beat very small, put in a handfull of Gum-dragon, it being before over night steeped in Rose-water, and half a white of an Egge beaten to froth, and halfe a spoonfull of Coriander-seed

as many Fennel and Ani-seeds, mingle these together very well, set them upon a soft fire till it grow pretty thick, then take it of the fire, and lay it upon a clean Paper, and beat it well with a rowling pin till it work like a soft past, and so make them up, and lay them upon Papers oyld with Oyle of Almonds, then put them in your Oven, and so soon as they be thoroughly risen, take them out before they grow hard.

To make Cracknels.

Take half a pound of fine flower, dried and searched, as much fine sugar searched, mingled with a spoonfull of Coriander-seed bruised, half a quarter of a pound of butter rubbed in the flower and sugar, then wet it with the yolks of two Eggs, and half a spoonful of white Rosewater, a spoonful or little more of Cream as will wet it; knead the Past till it be soft and limber to rowle well, then rowle it extream thin, and cut them round by little plates; lay them up on buttered papers, and when they goe into the Oven, prick them, and wash the Top with the yolk of an Egge beaten, and made thin with Rose-water or faire water;

water; they will give with keeping, therefore before they are eaten, they must be dried in a warm Oven to make them crisp.

To pickle Oysters.

Take Oysters and wash them clean in their own Liquor, then let them settle, then strain it, and put your Oysters to it with a little Mace and whole pepper, as much Salt as you please, and a little Wine-vinegar, then set them over the fire, and let them boyle leisurely till they are pretty tender; be sure to skim them still as the skim riseth; when they are enough, take them out till the Pickle be cold, then put them into any pot that will ye close, they will keep best in Caper barrels, they will keep very well six weeks.

To boyle Cream with Codlings.

Take a quart of Cream and boyle it with some Mace and Sugar, and take two yolkes of Eggs, and beat them well with a spoonfull of Rose-water and

and a grain of Amber-greece, then put it into the Cream with a piece of sweet Butter as big as a Wall-nut, and stir it together over the fire untill it be ready to boyle, then set it some time to coole, stirring it continually till it be cold; then take a quarter of a pound of Codlings strained, and put them into a silver Dish over a few coales till they be almost dry, and being cold, and the Cream also, poure the Cream upon them, and let them stand on a soft fire covered an hour, then serve them in.

To make the Lady Albergaveres cheefe.

TO one Cheefe take a Gallon of new Milk, and a pint of good Cream, and mix them well together, then take a Skillet of hot water as much as will make it hotter then it comes from the Cow, then put in a spoonfull of Rennet, and stir it well together and Cover it, and when it is come, take a wet Cloth and lay it on your Cheefe-Mot, and take up rhe Curd and not break it; and put it into your Mot; and when your Mot is full, lay on the Suiker, and every two hours turn your Cheefe in wet Cloathes wrung dry; and lay on a little more wet, at night take

take as much salt as you can between your Finger and thumb, and salt your cheefe on both sides; let them lye in Presses all night in a wet Cloth; the next day lay them on a Table between a dry Cloth, the next day lay them in Grasse, and every other day change your grasse, they will be ready to eat in nine days: if you will have them ready sooner, cover them with a Blanket.

To dresse Snaiiles.

TAKE your Snaiiles (they are no way so as in Pottage) and wash them well in many waters, and when you have done put them in a white Earthen Pan, or a very wide Dish, and put as much water to them as will cover them, and then set your Dish or Pan on some coales, that it may heat by little and little, and then the Snaiiles will come out of the shels and so dye, and being dead, take them out, and wash them very well in Water and salt twice or thrice over; then put them in a Pipkin with Water and Salt, and let them boyle a little while in that, so take away the rude slime they have, then take them out again and put them in a Cullender; then take excellent sallet Oyle

Oyle and beat it a great while upon the fire in a frying Pan, and when it boyls very fast, slice two or three Onyons in it, and let them fry well, then put the snails in the Oyle, and Onyons, and let them stew together a little, then put the Oyle, Onyons, and Snayles altogether in an earthen Pipkin of a fit size for your Snayles, and put as much warm water to them as will serve to boyle them, and make the Pottage and season them with salt, and so let them boyle three or foure hours; then mingle Parsley, Pennyroyal, Fennel, Tyme, and such Herbs, and when they are minced put them in a Morter, and beat them as you do for Green-sauce, and put in some crumbs of bread soaked in the Pottage of the Snayles, and then dissolve it all in the Mortar, with a little saffron and Cloves well beaten, and put in as much Pottage into the mortar as will make the spice and bread and Hearbs like thickning for a Pot, so put them all into the snails, and let them stew in it, and when you serve them up, you may squeeze into the Pottage a Lemon, and put in a little Vinegar, or if you put in a Glove of Garlick among the herbs, and beat it with them in the mortar; it will not tast the worse; serve them up in a Dish

Dish with sippets of Bread in the bottom. The pottage is very nourishing, and they use them that are apt to a Consumption.

To boyle a Rump of Beef after the French fashion.

TAke a rump of Beef, or the little end of the Brisket, and parboyle it half an houre, then take it up and put it in a deep Dish, then slash it in the side that the gravy may come out, then throw a little Pepper and Salt between every cut, then fill up the Dish with the best Claret wine, and put to it three or four peices of large Mace, and set it on the coales close covered, and boyle it above an houre and a half, but turn it often in the mean time; then with a spoon take off the fat and fill it with Claret wine, and slice six Onyons, and a handfull of Capers or broom buds, half a dozen of hard Lettice sliced, three spoonfulls of wine-vinegar and as much verjuice, and then set it a boyling with these things in it til it be tender, and serve it up with brown Bread and Sippets fried with butter, but be sure there be not too much fat in it when you serve it.

An

An excellent way of dressing Fish.

TAKE a piece of fresh Salmon, and wash it clean in a little Vinegar and Water, and let it lye a while in it, in a great Pipkin with a cover, and put to it six spoonfulls of Water and four of Vinegar, as much of white wine, a good deale of Salt, a bundle of sweet Herbs, a little whole spice, a few Cloves, a little stick of Cinamon, a little Mace, take up all these in a Pipkin close, and set in a Kettle of seething Water, and there let it stew three hours, You may doe Carps, Eeles, Trouts, &c. this way, alter the tast to your mind.

To make Fritters of Sheeps-feet.

TAKE your Sheeps feet, slit them and set them a stewing in a silver Dish with a little strong Broth and salt, with a stick of Cinnamon, two or three Cloves, and a piece of an Orange Pill: when they are stewed, take them from the liquor and lay them upon a Pye-plate cooling: when they are cold, have some good Fritter-batter made with Sack, and dip them therein: then have ready to fry

fry them, some excellent clarified Butter very hot in a Pan, and fry them therein; when they are fryed wring in the juyce of three or four Oranges, and tosse them once or twice in a Dish, and so serve them to the Table.

To make dry Salmon Calvert in the boyling.

TAKE a Gallon of Water, put to it a quart of Wine or Vinegar, Verjuice of four Beer, and a few sweet herbs and Salt, and let your Liquor boyle extream fast, and hold your Salmon by the Tayle, and dip it in, and let it have a walme, and so dip it in, and out a dozen times, and that will make your Salmon Calvert, and so boyle it till it be tender.

To make Bisket Bread.

TAKE a pound of Sugar searced very fine, and a pound of flower well dried, and twelve Eggs, a handfull of Carroway-seed, six whites of Eggs, a very little Salt, heat all these together, and keep them with beating till you set them in the Oven, then put them into your Plates

Plates or Tin things, and take Butter and put into a Cloth and rub your Plate; a spoonfull into a plate is enough, and so set them in the Oven, and let your Oven be no hotter then to bake small Pyes; if your flower be not dryed in the Oven before, they will be heavy.

To make an Almond Pudding.

Take your Almonds when they are blanch'd, and beat them as many as will serve for your Dish, then put to it foure or five yolks of Eggs, Rose-water, Nutmeg, Cloves and Mace, a little Sugar, and a little salt and Marrow cut into it, and so set it into the Oven, but your Oven must not be hotter then for Bisket bread: and when it is half baked, take the white of an Egge, rose-water and fine Sugar well beaten together and very thick, and do it over with a feather, and set it in again, then stick it over with Almonds, and so send it up.

This you may boyle in a bag if you please, and put in a few crums of Bread into it and eat it with Butter and Sugar without Marrow.

To

To make an Almond Caudle.

Take three pints of Ale, boyle it with Cloves and Mace, and sliced bread in it, then have ready beaten a pound of Almonds blanch'd, and strain them out with a pint of White-Wine, and thicken the Ale with it, sweeten it if you please, and be sure you skim the Ale well when it boyle.

To make Almond bread.

Take Almonds and lay them in water all night, then blanch them and slice them, to every pound of Almonds, a pound of fine Sugar finely beaten, so mingle them together, then beate the whites of three Eggs to high froth, and mix it well with the Almonds and Sugar, then have some plates and strew some flower on them, and lay Wafers on them, and lay your Almonds with the edges upwards, lay them as round as you can, scrape a little Sugar on them, when they are ready to set in the Oven, which must not be so hot as to colour white Paper, and when they are a little baked, take them out, and them

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from the Plates, and set them in again, you must keep them in a Stove.

To make Almond Cakes.

TAKE half a pound of Almonds blanched in cold water, beat them with some Rose-water till they doe not glister, then they will be beaten; if you think fit, lay seven or eight Musque Comfits dissolved in Rose-water which must not be above six or seven spoonfuls for fear of spoyling the colour; when they be thus beaten, put in half a pound of Sugar finely sifted, beat them and the Almonds together till it be well mixed, then take the whites of two Eggs and two spoonfuls of fine flower that hath been dried in an Oven; beat these well together and poure it to your Almonds, then butter your Plates and dust your Cakes with Sugar and Flower, and when they are a little brown, draw them and when the oven is colder set them in again on browne papers, and they will looke whiter.

Master

Master Rudstones Poffet.

TAKE a Pint of Sack, a quarter of a pint of Ale, three quarters of a pound of Sugar, boyle all these well together, take two yolks of Eggs and sixteen whites very well beaten, put this to your boyling Sack and slice it very well together till it be thick on the coales; then take three pints of Milk or Cream being boyled to a quart, it must stand and cool till the Eggs thicken, put it to your Sack and Eggs, and stir them well together, then cover it with a Plate and so serve it.

To boyle a Capon with Ranieles.

TAKE a good young Capon, trusse it and draw it to boyle, and parboyle it a little, then let it lye in fair Water being pickt very clean and white, then boyle it in strong broth while it be enough, but first prepare your Ranieles as followeth; Take a good quantity of Beet leaves, and boyle them in Water very tender, then take them out, and get all the water very clean out of them, then take six sweet-breads of Veale, and boyle and mince them white, mince them small

small, and then boyl Herbs also, and four or five Marrow bones, break them and get all the Marrow out of them, and boyle the bigger piece of them in water by it self, and put the other into the minced Herbs, then take half a pound of Raisins of the Sun stoned and mince them sm^{ll}, and half a pound of Dates the skin ^aoff and mince them also, and a quarter of a pound of Pomecitron Minced small, then take of Naples-bisket a good quantity, and put all these together on a Charger or a great dish with half a pound of sweet Butter, and work it together with your hands as you do a piece of Past, and season it with a little Nutmeg, Ginger, Cinamon, and Salt, and Permasan Cheeie grated with hard Sugar grated also, then mingle all together well, and make a Past with the finest flower, six yelks of Eggs, a little Saffron beaten small, half a pound of sweet Butter, a little Salt, with some fair water hot (not boylng) and make up your Past, then drive out a long sheet of Past with an even Rowling pin as thin as possible you can, and lay your ingredients in small heaps, round or long which you please in the Past, then cover them with the Past and cut them with a jag asunder, and so make more or more till you have

have made two hundred or more, then have a good broad Pan or Kettle half full of strong Broth, boylng leisurely, and put in your Ransoles one by one, and let them boile a quarter of an hour, then take up your Capon, lay it in a great Dish, and put on the Ransoles, and strew on them grated Cheefe, Naples-Bisket grated, Cinamon and Sugar, then more and more Cinamon and Cheefe, while you have filled your Dish; then put softly on melted Butter with a little strong Broth, your marrow Pomecitron, Lemons sliced and serve it up, and put it into the Dish, so Ransoles may be part fried with sweet but Clarified butter, either a quarter of them or half as you please; if the butter be not Clarified, it will spoile your Ransoles

To make a Bisque of Carps.

TAKE twelve small Carps, and one great one, all Male Carps, draw them and take out all the Melts, flea the twelve small Carps, cut off their Heads and take out their Tongues and take the fish from the bones of the flead Carps, and twelve Oysters, two or three yelks of Hard eggs, mash altogether, season it with Cloves, Mace, and Salt, and make thereof a stiffe searce:

add thereto the yolks of foure or five Eggs to bind it, fashion that first into balls or Lopings as you please, lay them into a deep Dish or Earthen Pan, and put thereto twenty or thirty great Oysters, two or three Anchoves, the Milts and Tongues of your twelve Carps, half a pound of fresh butter, the Liquor of your Oysters, the juyce of a Lemon or two; a little White-wine, some of Corbillion wherein your great Carpe is boyled, and a whole Onyon, so set them a stewing on a soft fire and make a hoop therewith; for the great Carp you must scald him and draw him, and lay him for half an hour with the other Carps Heads in a deep Pan with so much White wine Vinegar as will cover and serve to boyle him and the other Heads in; put therein Pepper, whole Mace, a race of Ginger, Nutmeg, Salt, sweet Herbs an Onyon or two sliced, a Lemon; when you boyle your Carps, poure you Liquor with the Spice into the Kettle wherein you will boyle him; when it is boyled put in your Carp, let it not boyle too fast for breaking; after the Carp hath boyled a while, put in the Head when it is enough, take off the Kettle, and let the Carps and the Heads keep warme in the Liquor till you

go to dish them. When you dresse your Bisque, take a large Silver dish, set it on the fire, lay therein Sippets of bread, then put in a Ladle-ful of your Corbillion, then take up your great Carp and lay him in the midst of the Dish, then range the twelve heads about the Carp, then lay the searce of the Carp, lay that in, then your Oysters, Milts, and Tongues, then poure on the Liquor wherein the searce was boyled, wring in the juyce of a Lemon and two oranges; Garnish your Dish with pickled Barberries, Lemons and Oranges, and serve it very hot to the Table.

To boyle a Pike and Eele together.

TAke a quart of White-Wine and a pint and a half of White-Wine-Vinegar, two quarts of Water, and almost a pint of Salt, a handfull of Rose-mary and Tyme; the Liquor must boyle before you put in your Fish and Herbs; the Eele with the skins must be put in a quarter of an hour before the Pike, with a little large Mace, and twenty cornes of Pepper.

To make an outlandish Dish.

TAke the liver of a Hogg, and cut it in small pieces about the bignesse of a span, then take Anni-seed, or French-seed, Pepper and Salt, and season them therewithall, and lay every piece severally round in the caule of the Hogg, and so roast them on a Bird-Spit.

To make a Portugall Dish.

TAke the Guts, Gizards and Liver of two fat Capons, cut away the Gallies from the Liver, and make clean the Gizards and put them into a Dish of cleane water, slit the Gut as you do a Calves Chaldron, but take off none of the fat, then lay the guts about an hour in White-Wine, as the Guts soke, half boyle Gizards and Livers, then take a long wooden broach, and spit your Gizards and Liver thereon, but not close one to another, then take and wipe the Guts somewhat dry in a Cloth, and season them with Salt and beaten Pepper, Cloves and Mace, then wind the guts upon the wooden Broach about the Liver, and gizards, then tye the wooden Broach

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to spin, and lay them to the fire to roast, and roast them very brown, and bast them not at all till they be enough, then take the Gravy of mutton, the juyce of two or three Oranges, and a grain of Saffron, mix all well together, and with a spoon bast your roast, let it drop into the same Dish. Then draw it, and serve it to the Table with the same sauce.

To dresse a dish of Hartichoaks.

TAke and boyle them in a Beef-Pot, when they are tender sodden, take off the tops leaving the bottoms with some round about them, then put them into a Dish, put some fair water to them, two or three spoonfulls of Sack, a spoonfull of Sugar, and so let them boyl upon the Coales, still pouring on the Liquor to give it a good tast, when they have boyled half an hour take the Liquor from them, and make ready some Cream boyled and thickned with the yolk of an Egge or two, whole Mace, Salt, and Sugar with some lumps of marrow, boyle it in the Cream, when it is boyled put a good piece of sweet butter into it, and toast some toasts, and lay them under your Hartichoaks, and poure your Cream, and butter on them, Garnish it, &c.

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*To dresse a Fillet of Veale the
Italian way.*

TAKE a young tender Fillet of Veale, pick away all the skins in the fold of the flesh, after you have picked it out clean so that no skins are left, nor any hard thing; put to it some good White-Wine (that is not too sweet) in a bowl and wash it, and crush it well in the Wine; doe so twice, then strew upon it a powder that is called *Tamara* in *Italy*, and so much Salt as will season it well, mingle the Powder well upon the Parts of your meat, then poure to it so much White-Wine as will cover it when it is thrust down into a narrow Pan; lay a Trencher on it and a weight to keep it down, let it lye two nights and one day, put a little Pepper to it when you lay it in the Sauce, any after it is sowced so long, take it out and put it into a Pipkin with some good Beef-broth, but you must not take any of the Pickle to it, but only Beef-broth that is sweet and not salt; cover it close and set it on the Embers only put into it with the Broth a few whole Cloves and Mace, and let it stew till it be enough. It will be very tender and of an excellent Taste; it
must

must be served with the same broth as much as will cover it.

To make the Italian, take Coriander seed two Ounces, Aniseed one ounce, Fennel-seed one ounce, Cloves two ounces, Cinnamon one ounce; These must be beaten into a grosse powder, putting into it a little powder of Winter savory; if you like it, keep this in a Vial-glasse close stoppt for your use.

To dresse Soales.

TAKE a Pair of Soales, lard them through with watered fresh Salmon, then lay your Soales on a Table, or Pie-plate, cut your Salmon, lard all of an equal length on each side, and leave the Lard but short, then flower the soales, and fry them in the best Ale you can get; when they are fried lay them on a warm Pie-plate, and so serve them to the Table with a sallet dish full of Anchovy sauce, and three or foure Oranges.

To make firmity.

TAKE a quart of Cream, a quarter of a pound of French-barley the whitest you can get, and boyle it very tender in
three.

three or four severall waters, and let it be cold, then put both together, put in it a blade of Mace, a Nutmeg cut in quarters, a race of ginger cut in three or five pieces, and so let it boil a good while, still stirring, and season it with sugar to your taste, then take the yolkes of four Egges and beate them with a little Cream, and stir them in to it, and so let it boil a little after the Egges are in, then have readie blanch'd and beaten twentie Almonds kept from oyling, with a little Rose-water, then take a boulder, strainer, and rub your Almonds with a little of your Furmity through the strainer, but set on the fire no more, and stir in a little Salt and a little sliced Nutmeg, pickt out of the great pieces of it, and put it in a dish, and serve it.

To make Pattis, or Cabbage Cream.

Take thirty Ale Pints of new milke, and set it on the fire in a Kettle till it be sealding hot, stirring it oft to keep it from creaming, then put it forth, into thirty Pans of Earth, as you put it forth, take off the bubbles with a spoon, let it stand till it be cold, then take off the Cream with two such slices as you beat Bisket bread with, but they must be very thin and not too broad

broad then when the Milk is dropped off the Cream, you must lay it upon a Pye-plate, you must scoure the Kettle very clean and heat the milk again, and so four or five times. In the Lay of it first lay a stalk in the midst of the Plate, let the rest of the Cream, be laid upon that sloping, between every laying you must scrape Sugar and sprinkle Rose-Water, and if you will, the powder of Musk, and Amber-greece, in the heating of the milk be carefull of smoak.

To make Pap.

Take three quarts of new milk, set it on the fire in a dry silver Dish, or Bason; when it begins to boyle skim it, then put thereto a handfull of flour and yolks of three Egges, which you must have well mingled together with a Ladle-full of cold milk, before you put it to the milk that boyles, and as it boyles, stir it all the while till it be enough, and in the boyling, season it with a little Salt, and a little fine beaten Sugar, and so keeping it stirred till it be boyled as thick as you desire, then put it forth into another Dish and serve it up.

To make Spanish Pap.

TAKE three spoonfulls of Rice-floure, fluely beaten and searced, two yolks of Eggs, three spoonfuls of Sugar, three or four spoonfuls of Rose-water. Temper these foure together, then put them to a pint of Cream, then set it on the fire and keep it stirred till it come to a reasonable thicknesse, then Dish it and serve it up.

To poach Eggs.

TAKE a dozen of new laid Eggs and flesh of foure or five Partridges, or other; mince it so small as you can season it with a few beaten Cloves, Mace, and Nutmeg, into a Silver Dish, with a Ladle-full or two of the gravy of Mutton, wherein two or three Anchoves are dissolved; then set it a stewing on a fire of Char-Coales, and after it is half stewed, as it boyles, break in your Eggs one by one, and as you break them, poure away most part of the Whites, and with one end of your Egg-shell, make a place in your dish of meat, and therein put your yolks of your Eggs, round in order amongst

amongst your meat, and so let them stew till your Eggs be enough, then grate in a little Nutmeg and the juyce of a couple of Oranges; have a care none of the Seeds goe in, wipe your Dish and garnish your dish, with four or five whole Onions, &c.

A Pottage of Beef Pallats.

TAKE Beef Pallates after they be boyled tender in the Beef kettie or Pot among some other meat, blanch and serve them clean, then cut each Pallat in two, and set them a stewing between two Dishes with a piece of leer Bacon, an handfull of Champignons, five or six sweet-breads of Veale, a Ladle-full or two of strong broth, and as much gravy of Mutton, an Onyon or two, five or six Cloves, and a blade or two of Mace, and a piece of Orange Pils; as your Pallats stew, make ready your Dish with the bottoms and tops of two or three Cheat Loaves dried and moistned with some Gravy of Mutton, and the broth your Pallats stew in, you must have the Marow of two or three beef-bones stewed in a little broth between two Dishes, in great pieces; when your Pallats and Marrow is stewed, and you ready to

to Dish it, take out all the Spices, Onyon and Bacon, and lay it in your Plates, sweet-bread, and Champigneons, pour in the Broath they were stew'd in and lay on your pieces of marrow, wring the juyce of two or three Oranges; and so serve it to the Table very hot.

The Jacobins Pottage.

TAKE the flesh of a washed Capon or Turkey cold, mince it so small as you can, then grate or scrape among the flesh two or three ounces of Parmasants or old Holland Cheese, season it with beaten cloves, Nutmeg, mace, and Salt; then take the bottoms and top of foute, or five new Rowles, dry them before the fire, or in an Oven, then put them into a fair silver Dish, set it upon the fire, wet your bread in a Ladle-full of strong Broth, and a Ladlefull of gravy of mutton, then strow on your minced meat all of an equall thicknesse in each place, then stick twelve or eighteen pieces of marrow as bigge as Walnuts, and pour on an handfull of pure Gravie of mutton, then cover your Dish close; and as it stews adde now and then some gravie of mutton

mutton thereto, thrust your Knife sometimes to the bottome, to keep the bread from sticking to the Dish, let it so stew still, till you are ready to dish it away, and when you serve it, if need require, and more gravy of mutton, wring the juyce of two or three Oranges, wipe your Dishes brimes, and serve it to the Table in the same Dish.

To Salt a Goose.

TAKE a fat Goose and bone him, but leave the breast bone, wipe him with a clean cloath, then salt him one fortnight, then hang him up for one fortnight or three weeks, then boyle him in running water very tender, and serve him with Bay-leaves.

A way of stewing Chickens or Rabbits.

TAKE two three or four Chickens, and let them be about the bignesse of a Partridge, boyle them till they be half boiled enough, then take them off and cut them into little pieces, putting the joynt bone one from another, and let not the meat be minced, but cut into great bits, not so exactly but more or lesse, the breast bones are not so proper to be put in, but put the meat together with the other bones upon

(upon which there must also be some meat remaining) into a good quantity of that water or Broth wherein the Chickens were boyled, and set it then over a Chaffing-Dish of coales between two Dishes, that so it may stew on till it be fully enough; but first season it with Salt and grosse Pepper, and afterwards add Oyl to it, more or lesse according to the goodnesse thereof; and a little before you take it from the fire, you must adde such a quantity of juyce of Lemons as may best agree with your Taste. This makes an excellent dish of meat which must be served up in the Liquor; and though for a need it may be made with butter instead of Oyle, and with Vinegar in stead of Juyce of Lemons, yet is the other incomparably better for such as are not Enemies to Oyle. The same Dish may be made also of Veale, or Partridge, or Rabbits, and indeed the best of them all, is Rabbits, if they be used so before Michaelmas, for afterwards methinkes they grow ranke; for though they be fatter, yet the flesh is more hard and dry.

A

A Pottage of Capons.

TAke a couple of young Capons, Trusse and set them and fill their bellies with Marrow, put them into a Pipkin with a Knuckle of Veale, a Neck of Mutton, and a Marrow-bone, and some sweet-bread of Veale; season your Broth with Cloves, Mace, and a little Salt, set it to the fire, and let it boyle gently till your Capons be enough, but boyle them not too much; as your Capons boyle, make ready the Bottomes and Tops of eight or ten new rowles, and put them dryed into a faire Silver Dish wherein you serve the Capons; set it on the fire, and put to your bread, two Ladlesfuls of Broth wherein your Capons are boyled and a Ladleful of the Gravy of Mutton, so cover your dish, and let it stand till you Dish up your Capons if need require, adde now and then a Ladleful of Broth and Gravy, lest the bread grow dry; when you are ready to serve it, first lay in the Marrow bone, then the Capons on each side, then fill up your Dish with the Gravy of Mutton, wherein you must wring the juyce of a Lemon or two, then with a spoon take off all the fat that

that swimmeth on the pottage, then garnish your Capon with the sweet-Breads and some Lemons, and so serve it.

To dresse Soales another way.

TAke Soales, fry them half enough, then take Wine season'd with Salt, grated ginger, and a little garlick, let the Wine, and seasoning boyle in a Dish, when that boyles and your Soales are half fri'd, take the Soales and put them into the Wine, when they are sufficiently stewed, upon their backs, lay the two halves open on the one side and on the other, then lay Anchoves finely washed along, and on the sides over again, let them stew till they be ready to be eaten, then take them out, lay them on the Dish, pour some of the clear Liquor which they stew in upon them, and squeeze an Orange in.

A

A Carpe Pye.

TAke carps, scald them, take out the great bones, pound the Carps in a stone Morter, pound some of the blond with the flesh which must be at the discretion of the Cook because it must not be too soft, then lard it with the belly of a very fat Eele, season it, and bake it like red Deere and eat it cold.

This is meat for a Pope.

To boyle Ducks after the French fashion.

TAke and lard them and put them upon a spit, and half roast them, then draw them and put them into a Pipkin, and put a quart of Claret-Wine into it, and Chestnuts, and a pint of great Oysters, taking the beards from them, and three Onyons minced very small, some Mace and a little beaten Ginger, a little Tyme stript, a Crust of a French Rowle grated, put into it to thicken it, and so dish it upon sops. This may be diversified, if there be strong broth there need not be so much Wine put in, and if there be no Oysters or Chestnuts you may put in Hartichok bottoms, Turnips, Colliflowers, Bacon in thin slices, Sweet-breads, &c.

To

To boyle a Goose with Sausages.

TAke your Goose and salt it two or three dayes, then trusse it to boyle; cut Lard as big as the top of your finger, as much as will Lard the flesh of the breast, season your Lard with Pepper, Mace, and Salt; put it a boyling in Beefe broth if you have any, or water, season your Liquor with a little Salt, and Pepper grossly beaten an ounce or two, a bundle of Bay-leaves, Rosemary and Time, tyed altogether; you must have prepared your Cabbage or sausages boyl'd very tender, squeeze all the water from them, then put them into a Pipkin, put to them a little strong broth or Claret Wine, an Onyon or two; season it with Pepper, Salt and Mace to your taste; fix Anchoves dissolved, put altogether, and let them stew a good while on the fire; put a Ladle of thicke Butter, a little Vinegar, when your Goose is boyled enough, and your Cabbage on Sippets of bread and the Goose on the top of your Cabbage, and some on the Cabbage on top of your Goose, serve it up.

*To**To fry Chickens.*

TAke five or six and scald them, and cut them in pieces, then flea the skin from them, fry them in Butter very brown, then take them out, and put them between two Dishes with the Gravy of Mutton, Butter and an Onyon, fix Anchoves, Nutmeg, and salt to your taste, then put sops on your Dish, put fryed Parsley on the top of your Chicken being Dished, and so serve them.

To make a Battalia Pye.

TAke foure tame Pigeons and Trusse them to bake; and take foure Oxe-Palates well boyled and blanch'd, and cut it in little pieces; take six Lamb stones, and as many good sweet-breads of Veale cut in halfe and parboyl'd and twenty Cockscombs boyl'd and blanch'd, and the bottoms of four Hartichoaks, and a Pint of Oysters parboyled and bearded, and the Marrow of three bones, so season all with Mace, Nutmeg and Salt: so put your meat into a Coffin of fine Paste proportionable to your quantity of meat: put halfe a pound of Buttet upon your meat,

meat, put a little water in the Pye, before it be set in the Oven, let it stand in the Oven an houre and a halfe, then take it out, poure out the butter at the top of the Pye, and put it into leer of Gravy, butter, and Lemons, and serve it up.

To make a Chicken Pye.

TAke four or five Chickens, cut them in pieces, take two or three Sweet-breads parboyl'd and cut the pieces as big as Walnuts; take the Udder of Veal cut in thin slices, or little slices of Bacon, the bottom of Hartichoaks boyl'd, then make your coffin proportionable to your meat, season your meat with Nutmeg, Mace and Salt, then some butter on the top of the Pye, put a little water into it as you put it into the Oven, and let it bake an houre, then put in a leer of butter, Gravy of Mutton, eight Lemons sliced; so serve it.

To make a Pye of a Calves head.

TAke a Calves head, clean it and wash it very well; put it a boiling till it be three quarters boiled, then cut off the flesh from

from the bones, and cut it in pieces as big as Walnuts. Blanch the Tongue and cut it in slices, take a quart of Oysters parboyl'd and bearded, take the yolkes of twelve Eggs, put some thin slices of Bacon among the meat, and on the top of the meat, when it is in the Pie, cut an Onion small, and put it in the bottome of your Pie, season it with Pepper, Nutmeg, Mace, and Salt, make your Coffin to your meat, what fashion you please. Let it bake an houre and an half, put butter on the bottom and on the top of your Pie before you close it, put a little water in before you put it into the Oven, when you draw it out take off the Lid, and put away all the fat on the top and put in a leer of thick butter, Gravy of Mutton, a Lemon pared and sliced, with two or three Anchoves dissolved. So stew these together, and cut your Lid in handsome pieces, and lay it round the Pie, so serve it.

To make Cream with Snow.

TAke three Pintes of Creame, and the whites of seven or eight Egges, and straine them together, and a little Rose-water, and as much Sugar as will sweeten

ten it, then take a sticke as big as a childs Arme, cleave one end of it a crosse, and widen your pieces with your finger, beat your Cream with this sticke, or else with a bundle of Reeds tyed together, and rowl between your hand standing upright in your Creame, now as the Snow ariseth take it up with a spoon in a Cullender that the thin may run out, and when you have sufficient of this Snow, take the Cream that is left, and seeth it in the Skellet, and put thereto whole Cloves, stickes of Cinnamon, a little Ginger bruised, and seeth it till it be thick, then strain it, and when it is cold put it into your Dish, and lay your Snow upon it.

To make minced Pier.

Take a large Neats tongue, thread it very well, three pound and a half of Suet very well thread, Currans three pound, halfe an ounce of beaten Cloves and Mace, season it with Salt when you think't fit, halfe a preserved Orange, or instead of it Orange Pils, a quarter of a pound of Sugar, a little Lemon Pill sliced very thin, put all these together very well, put to it two Spoonfuls of Ve-
juyce

juyce, and a quarter of a Pint of Sack,
&c.

To dry Neats Tongues.

TAKE Bay salt beaten very fine, and Salt-Peeter of each a like, and rub your Tongues very well with that, and cover all over with it, and as it waits put on more, and when they are very hard and stiffe they are enough, then rowle them in Bran, and dry thm before a soft fire, and before you boyle them, let them lie one night in pumpe Water, and boyle them in the same sort of water.

To make Jelly of Harts Horn.

Take six ounces of Hart-Horn, three ounces of Ivory both finely Carped, boyle it in two quarts of water in a pipkin close covered, and when it is three parts wasted, you may try it with a Spoon if it will be jelly, you may know by the sticking to your Lips, then straine it through a jelly bag; season it with Rose-water, juyce of Lemons and double refined Sugar, each according to your Taste, then boyle altogether two or three
D 2 walmes

walmes, so put in the glasse and keep for your use.

To make Chickens fat in four or five dayes.

TAKE a pint of French wheat, and a pint of wheat flower, half a pound of Sugar, make it up into a stiffe Paste, and rowle it into little rowles, wet them in warme milk, and so Cram them, and they will be fat in four or five dayes if you please you may sow them up behind one or two of the last dayes.

To make Angelot.

TAKE a gallon of Stroakings, and a pint of Creame as it comes from the Cow, and put it together with a little Rennet; when you fill turne up the midst side of the Cheese-fat, fill them a little at once, and let it stand all that day and the next, then turn them, and let them stand till they will slip out of the Fat, salt them on both sides, and when the Coates begin to come on them, neither wipe nor scrape them for the thicker the Coat is the better.

A

A Persian Dish.

TAKE the fleshy part of a Leg of Mutton stript from the fat, and sinewes, beate that well in a Mortar with Pepper and Salt, and a little Onyon or Garlick water by it self, or with herbs, according to your taste, then make it up in flat Cakes, and let them be kept twelve houres between two Dishes before you use them, then fry them with Butter in a Frying-pan, and serve them with the same Butter, and you will find it a Dish of savoury Meat.

*To roast a Shoulder of Mutton
in blond.*

WHEN your sheepe is killed save the blond, and spread the Caule all open upon a Table that is wet, that it may not stick to it; as soone as you have flead your sheepe, cut off a Shoulder, and having Tyme picked, shred and cut small into some of your blond, stop your Shoulder with it, in-side and out-side, and into every hole with a Spooone put some of the Blond;

after

after you have put in the Tyme, then lay your Shoulder of Mutton upon the canle and wrap that about it, then lay it into a Tray, and pour all the rest of the blood upon it; so let it lie all night, if it be in Winter, you may let it lie twenty foure hours, then roast it.

To roast a Leg of Mutton to be eaten cold.

First take so much lard as you thinke sufficient to Lard your Leg of Mutton withall, cut your Lard in grosse long Lardors; season the Lard, very deep with beaten Cloves, Pepper, Nutmeg, and Mace, and bay Salt beaten fine and dried, then take Parsley, Tyme, Marjoram, Onion, and the out rine of an Orange, shred all these very small, and mix them with the Lard, then Lard your Legge of Mutton therewith, if any of the Herbs and Spice remain, put them on the Legge of Mutton, then take a silver Dish, lay two stickes crosse the Dish to keep the Mutton from sopping in the Gravy and fat that goes from it, lay the Legge of Mutton upon the stickes, and set it into an hot Oven there let it roast, turn it once but baste it not at all, when it is enough and very

very tender, take it forth but serve it not till it be thoroughly cold; when you serve it, put in a saucer or two of Mustard, and Sugar and two or three Lemons whole in the same Dish.

To roast Oysters.

Take the greatest Oysters you can get, and as you open them, put them into a Dish with their own Liquor, then take them out of the Dish, and put them into another, and poure the Liquor to them, but be sure no gravell get amongst them; then set them covered on the fire, and scald them a little in their own Liquor, and when they are cold, draw eight or ten Lards through each Oyster; season your Lard first with Cloves, Nutmeg beaten very small, pepper; then take two wooden Lard Spits, and spit your Oysters thereon, then tie them to another spit, and roast them. In the roasting baste them with Anchovy sauce, made with some of the Oyster Liquor, and let them drip into the same dish where the Anchovy sauce is; when they be enough, bread them with the crust of a roul grated on them, and when they be brown, draw them off, then take the sauce wherewith you basted

your Oysters, and blow off the fat, then put the same to the Oysters, wring in it the Juyce of a Lemon, so serve it.

To make a Sack-Poffet.

TAKE a quart of Creame and boyle it very well with Sugar, Mace and Nutmeg, take half a pint of Sack, and as much Ale, and boyle them well together with some Sugar, then put your Creame into your Bason to your Sacke, then heat a Pewter dish very hot, and cover your bason with it, and set it by the fires side, and let it stand there two or three houres before you eat it.

Another Sack-Poffet.

TAKE eight Egges, yolkes and whites, and beatethem well together, straine them into a quart of Creame, season them with Nutmeg and Sugar, put to them a pint of Sacke, stir them all together, and put them into your Bason, and set them in the Oven no hotter than for a Custard, let it stand two houres.

To

To make a Sack-Poffet without Milk or Cream.

TAKE eighteen Egges, whites and all, taking out the Treads, let them be beaten very well, take a pint of Sacke and a quart of boyled, and scum it, then put in three quarters of a pound of Sugar and a little Nutmeg, let it boyle a little together, then take it off the fire stirring the Eggs still, put into them two or three Ladle-fuls of drink, then mingle all together and set it on the fire, and keep it stirring till you find it thick, then serve it up.

To make a Stump Pye.

TAKE a Legge of Mutton, one pound and an halfe of the best Suet, mince both small together, then season it with a quarter of a pound of Sugar, and a small quantity of Salt, and a little cloves and Mace, then

then take a good handful of Parsley, half as much Tyme, and mince them very small and mingle them with the rest; then take six new laid Egges and break them into the meat and work it well together, and put it into the past; then upon the Top put Raisins, Currans and dates a good quantity, cover and bake it, when it is baked, and when it is very hot, put into it a quarter of a pint of White-Wine-Vinegar, and strow Sugar upon it, and so serve it.

To make Mrs. Leeds Cheese Cakes.

TAKE six quarts of milk and rennet it pretty cold, and when it is tender come, drayn from it your Whey in a strainer, then hang it up till all the Whey be dropt from it, then presse it, change it into dry cloathes till it wet the cloth no longer, then beat it in a stone Mortar till it be like Butter, then straine it through a thin strainer, mingle it with a pound & a halfe of Butter with your hands, take one pound of Almonds, and beat them with Rose-water till they are like your curd, then mingle them with the yolkes of twenty Eggs, and a quart of Cream, two great Nutmegs, one pound and a halfe of Sugar: when

when your Coffins are ready and going to set in the Oven, then mingle them together: let your Oven be made hot enough for a Pigeon pye, and let a stone stand up till the scortching be past, then set them in, half an hour will bake them well, your Coffins must be made with Milk and Butter as stiffe as for other paste, then you must set them into a pretty hot Oven, and fill them full of bran, and when they are hardned, take them out, and with a Wing, brush out the bran, they must be pricked.

To make Tarts called Taffaty Tarts.

FIRST wet your Paste with Butter and cold Water, and rowle it very thin, also then lay them in layes, and between every lay of Apples strew some Sugar, and some Lemon Pill cut very small, if you please put some Fennell-seed to them: then put them into a stoak hot Oven, and let them stand an houre in or more, then take them out, and take Rose-water and Butter beaten together, and wash them over with the same, and strew fine Sugar upon them; then put them into the Oven again, let them stand a little while and take them out.

To

To make fresh Cheefe.

TAKE three pints of raw Creame, and sweeten it well with Sugar, and set it over the fire, let it boyle a while, then put in some Damask Rose-water, keep it still stirring lest it burn too, and when you see it thickned and turned, take it from the fire, and wash the strainer and Cheesefat with Rose-water, then rowle it too and fro in the strainer to draine the Whey from the Curd, then take up the Curd with a spoon and put them into the Fat, let it stand till it be cold, then put it into the Cheefe-dish with some of the whey, and so serve it up.

To make Sugar Cakes or Jumbals.

TAKE two pound of Flowre, dry it and season it very fine, then take a pound of Loafe-sugar, and beate it very fine, and searce it, mingle your Flower and Sugar very well, then take a pound and an half of sweet butter, and wash out the
Salt,

Salt, and breake it into bits with your Flower and Sugar, then take yolkes of foure new-laid Egges, and foure or five spoonfuls of Sacke, and foure spoonfuls of Creame; beate all these together, then put them into your Flower, and knead them to a Paste, and make them into what fashion you please, and lay them upon paper or plates, and put them into the oven, and be careful of them, for a very little thing bakes them.

For Jumbals you must onely adde the whites of two or three Egges.

To bask a Shoulder of Mutton.

TAKE a Shoulder of Mutton and slice it very thin, till you have almost nothing but the bone, then put to the meate some Claret-wine, a great Onyon, some Gravie of Mutton, six Anchoves, an handful of Capers, the tops of a little Tyme, mince them very well together, then take nine or tenne Egges, the juyce of one or two Lemons to
make

to make it tart, and make leere of them, then put the meat all in a Frying-Pan over the fire till it be very hot; then put in the leere of Eggs and soak altogether over the fire till it be very thick; then boyle your bone, and put it on the top of your meat being Dish'd, Garnish your Dish with Lemons, serve it up.

*To dresse Flounders or Playce with
Garlick and Mustard.*

TAKE Flounders very new, and cut all the Fins and Tails, then take out the Guts and wipe them very clean, they must not be at all washt, then with your Knife scotch them on both sides very grosely; then take the Tops of Tyme and cut them very small, and take a little Salt, Mace, and Nutmeg, and mingle the Tyme and them together, and season the Flounders; then lay them on the Grid-iron and bast them with Oyle or Butter, let not the fire be too hot, when that side next the fire is brown, turn it, and when you turn it, bast it on both sides till you have broyl'd them brown, when they are enough make your sauce with Mustard two or three Spoonfull according

ding to discretion, six Anchoves dissolved very well, about half a pound of butter drawn up with Garlick, Vinegar, or bruised garlick in other vinegar, rub the bottome of your Dish with garlick. So put your sauce to them, and serve them, you may fry them if you please.

A Turkish Dish

TAKE fat Beefe or Mutton cut in thin slices, wash it well, put it into a pot that hath a close cover, then put into it a good quantity of clean pick'd rice, skim it very well; then put into it a quantity of whole pepper, two or three whole Onyons; let all this boyle very well, then take out the Onyon and dish it in Sippets, the thicker it is the better.

To dresse a Pike.

CUT him in pieces, and strew upon him salt and scalding vinegar, boyle him in water and White-Wine, when he is boyling put in sweet Herbs, Onyon, Garlick, Ginger, Nutmeg, and Salt; when he is boyled take him out of the Liquor, and let him drayn, in the mean time beat butter

Butter and Anchoves together, and poure it on the fish, squeezing a little Orange and Lemon upon it.

To dresse Oysters.

TAKE Oysters and open them, and save the Liquor, and when you have opened so many as you please, adde to this Liquor some White-wine, wherein you must wash your Oysters one by one very cleane, and lay them in another Dish; then straine to them that mixed wine and Liquor wherein they were washed, adding a little more wine to them with an Onyon divided with some Salt and Pepper, so done, cover the Dish and stew them till they be more than halfe done; then take them and the Liquor, and poure it into a Frying-pan, wherein they must fry a pretty while, then put into them a good piece of sweet Butter, and fry them therein so much longer; in the mean time you must have beaten the yolkes of some Egges, as four or five to a quart of Oysters; these Egges must be beaten with some Vinegar, wherein you must put some minced Parsley, and Nutmeg finely scraped, and put therein the Oysters in the Pan, which must
still.

still be kept stirring, lest the Liquor make the Egges curddle, let this all have a good walme on the fire, and serve it up.

To dresse Flounders.

FLEA off the black skin, and scowre the Fish over on that side with a Knife, lay them in a dish, and poure on them some Vinegar, and strew good store of Salt, let them lie for half an hour; in the meane time set on the fire some water with a little White-wine, Garlick and sweet herbes, as you please, putting into it the Vinegar and Salt wherein they lay, when it boyles put in the biggest fish, then the next till all be in; when they are boyled take them out, and drain them very well, then draw some sweet Butter thick, and mixe with it some Anchoves shred small, which being dissolved in the Butter, poure it on the fish, strewing a little sliced Nutmeg, and minced Oranges and barberries.

To dresse Snayles.

TAKE Snayles and put them in a Kettle of water, and let them boyle a little, then take them out, and shake them out of the shels into a Bason; then take some Salt and scoure them very well, and wash them in warm water, untill you find the slime cleane gone from them; then put them into a Cullender and let them drain well, then mince some sweet hearbs, and put them into a Dish with a little Pepper and Sallet-Oyle together, then let them stand an hour or two; then wash the shels very well and dry them, and put into every shell a Snail, and fill up the shell with Sallet-Oyle and herbs, then set them on a gridiron upon a soft fire, and so let them stew a little while, and dish them up warm and serve them up.

To dresse Pickle Fish.

WASH them well while they are in the shell in salt water, put them into a Kittle over the fire without water; and stirre them till they are open, then take them out of their shels, and wash

wash them in hot water and salt, then take some of their owne Liquor that they have made in the Kettle, a little white-wine, Butter, vinegar, spice, Parsley; let all these boyle together, and when it is boyled, take the yolks of three or four Eggs and put into the broth. Scollops may be dressed on this manner, or broyled like Oysters with Oyle or juyce of Lemons.

To fricate Beef Pallats.

TAKE Beef Pallats, after they be boyled very tender, blanch and pare them clean, season them with fine beaten Cloves, Nutmeg, Pepper, salt, and some grated break; then have some Butter in a Frying-pan, put your Pallets therein, and so fricate them till they be browne on both sides, then take them forth and put them on a dish, and put thereto some Gravie of Mutton, wherein two or three Anchoves are dissolved, grate in your sauce a little Nutmeg, wring in the juyce of a Lemon, so serve them.

To

A Spanish Olio.

TAKE a piece of Bacon not very fat, but sweet and safe from being rusty, a piece of fresh Beefe, a couple of Hoggs Eares, and four feet if they can be had, and if not, some quantity of Sheeps feet, (Calves feet are not proper) a Joynt of Mutton, the Legge, Rack or Loyne, a Hen, halfe a dozen Pigeons, a bundle of Parsley, Leekes and Mint, a Clove of Garlick when you will, a small quantity of Pepper, Cloves and Saffron, so mingled that not one of them over-rule, the Pepper and Cloves must be beaten as fine as possible may be, and the Saffron must be first dried, and then crumbled in Powder, and dissolved apart in two or three spoonfulls of Broth, but both the Spices and the Saffron may be kept apart till immediately before they be used, which must not be, till within a quarter of an houre before the Olio be taken off from the fire; a Pottle of hard dry Pease, when they have first slept in water some dayes, a pint of boyl'd Chesnuts: Particular care must be had that the Pot wherein the Olio is made, be very sweete: Earthen I thinke is the best, and judgement

ment is to be had carefully both in the size of the Pot, and in the quantity of the water at the first, that so the Broth may grow afterwards to be neither too much, nor too little, nor too grosse, nor too thin; thy meat must be long in boyling, but the fire not too fierce, the Bacon, the Beefe, the Pease, the Chesnuts, the Hogs Eares, may be put in at the first. I am utterly against those confused Olios, into which men put almost all kinds of meats and Roots, and especially against putting of Oyle, for it corrupts the Broth, in stead of adding goodnesse to it. To do well, the Broth is rather to be drunk out of a Porrenger, than to be eaten with a spoon, though you adde some small slices of bread to it, you will like it the worse. The Sauce for thy meat must be as much fine Sugar beaten small to powder, with a little Mustard, as can be made to drink the Sugar up, and you will find it to be excellent; but if you make it not faithfully and justly according to this prescript, but shall neither put Mace, or Rosemary, or Tyme, to the herbs, as the manner is of some, it will prove very much the worse.

To make Metheglin.

TAKE all sorts of Herbs that are good and wholesome, as Balme, Mint, Fennell, Rosemary, Angelica, wilde Tyme, Isop, Burnet, Egrimonie, and such other, as you think fit; some field Herbes, but you must not put in too many, but especially Rosemary or any strong Herbe, lesse than half an handfull will serve of every sort, you must boyle your herbes and straine them, and let the Liquor stand till to morrow and settle them, take off the clearest Liquor two gallons and a halfe to one gallon of Honey, and that proportion as much as you will make, and let it boyle an houre, and in the boyling skim it very cleane, then set it a cooling as you do Beer, when it is cold take some very good Ale Barme, and put into the bottome of the Tub a little and a little, as they doe Beere, keeping back the thicke settling that lieth in the bottome of the Vessel that it is cooled in, and when it is all put together, cover it with a cloth, and let it worke very neere three dayes, and when you mean to put it up, skim off all the Barme cleane, put it

it up into the Vessel, but you must not stop your vessel very close in three or foure dayes, but let it have all the vent, for it will work, and when it is close stopped, you must looke very often to it, and have a peg in the top to give it vent when you heare it make a noise, as it will do, or else it will breake the Vessel; sometime I make a bag, and put in good store of Ginger sliced, some Cloves and Cinnamon, and boyle it in, and other times I put it into the Barrel and never boyle it, it is both good, but Nutmeg and Mace do not well to my taste.

To make a Sallet of Smelts.

TAKE halfe an hundred of Smelts, the biggest you can get, draw them and cut off their heads, put them into a Pipkin with a pint of White-wine, and a pint of White-wine-Vinegar, an Onion shred, a couple of Lemons, a Race of Ginger, three or foure blades of Mace, a Nutmeg sliced, whole Pepper, a little Salt, cover them, and let them stand twentie foure houres; if you will keepe them three or foure dayes, let not your Pickle be too strong of the Vinegar, when

when you will serve them, take them out one by one, scrape and open them as you do Anchoves, but throw away the bones, lay them close one by one round a silver dish, you must have the very utmost rind of a Lemon or Orange so small as grated bread and the Parsley, then mix your Lemon Pill, Orange and Parsley together with a little fine-beaten Pepper, and strew this upon the dish of Smelts with the meat of a Lemon minced very small, also then poure on excellent Sallet-oyle, and wring in the juyce of two Lemons, but be sure none of the Lemon-seed be left in the Sallet, so serve it.

To roast a Fillet of Veale.

TAke a Fillet of Beefe, which is the tenderest part of the beast, and lieth onely in the inward part of the Surloyne next to the Chine, cut it as big as you can, then broach it on a broach not too big, and be careful you broach it not thorow the best of the meat, roast it leisurely and baste it with sweet butter: Set a dish under it to save the Gravy while the Beefe is roasting, prepare the Sauce for it, chop good store of Parsley with

with a few sweet herbs shred small, and the yolkes of three or four Eggs, and mince among them the Pill of an Orange, and a little Onyon, then boyle this mixture, putting into it sweet Butter, Vinegar and Gravy, a spoonful of strong Broth, when it is well boyled, put it into your Beef, and serve it very warm, sometimes a little grosse Pepper or Ginger into your sauce, or a Pill of an Orange or Lemon.

*To make a Sallet of a cold Hen
or a Capon.*

TAke the breast of an Hen or Capon, and slice it as thin as you can in steaks, put therein Vinegar, and a little Sugar, as you thinke fit; then take sixe Anchoves, and an handfull of Capers, a little long, grosse or a Carrigon, and mince them together, but not too small, strew them on the Sallet, garnish it with Lemons, Oranges or Barberries, so serve it up with a little Salt.

To stew Mushromes.

TAke them fresh gathered and cut off the hard end of the stalk, & as you pill them throw them into a Dish of White-wine,
E after

after they have lain half an houre or there-upon, draine them from the Wine, and put them between two silver Dishes, then set them on a soft fire without any liquor, and when they have stewed a while, poure away the liquor that comes from them which will be very black, then put your Mushromes into another cleane Dish with a sprig or two of Tyme, an Onyon whole, foure or five Cornes of whole Pepper, two or three Cloves, a bit of an Orange, a little Salt, a bit of sweet butter and some pure Gravie of Mutton, cover them, and set them on a gentle fire, so let them stew softly till they be enough, and very tender, when you dish them blow off all the fat from them, and take out the Tyme, Spice and Orange, then wring in the juyce of Lemon, and grate a little Nutmeg among the Mushromes, tosse them two or three times, put them in a cleane Dish, and serve them hot to the Table.

The

*The Lord Conway, his Lordships Receipt
for the making of Amber
Puddings.*

First take the Guts of a young Hog, and wash them very cleane, and then take two pound of the best Hogs fat, and a pound and an half of the best Jurden Almonds, the which being blancht, take one half of them and beat them very small, and the other halfe reserve whole unbeaten, then take a pound and an halfe of fine Sugar, and foure white Loaves, and grate the Loaves over the former composition, and mingle them well together in a Bason, having so done, put to it halfe an ounce of Ambergreece, the which must be scraped very small over the said composition, take half a quarter of an ounce of Levant Musk, and bruise it in a marble mortar, with a quarter of a pint of Orange-flower water, then mingle these all very well together, and having so done, fill the said guts therewith. This Receipt was given his Lordship by an Italian for a great rarity, and has been found so to be by those Ladies of honour, to whom his Lordship has imparted the said Reception.

To make a Partridge Tart.

TAKE the flesh of foure or five Partridges minced very small, with the same weight of Beef marrow as you have Partridge flesh, with two ounces of Oranges and green Citron minced together as small as your meat, season it with Cloves, and Mace, and Nutmeg, and a little Salt and Sugar, mixe all together, and bake it in Puffe-paste; when it is baked open it, and put in half a Graine of Muske or Amber brayed in a mortar or Dish, and with a spoonfull of Rosewater and the juyce of three or four Oranges, when you put all these therein, stir the meat and cover it again, and serve it to the Table.

To keep Venison all the year.

TAKE the Haunch, and parboyle it a while, then season it with two Nutmegs, a spoonfull of Pepper, and a good quantity of Salt, mingle them all together, then put two spoonfulls of White-wine-Vinegar, and having made the Venison full of holes, as you do when you Lard it, when it is Larded put in the Veni-
son

son at the holes the Spice and Vinegar, and season it therewith, then put part into the Pot with the fat side downwards, cover it with two pound of Butter, then close it up close with course Paste, when you take it out of the Oven take away the Paste, and lay a round Trencher with a weight on the top of it to keep it down, till it be cold, then take off the Trencher, and lay the Butter flat upon the Venison, then cover it close with strong white Pepper, if your pot be narrow at the bottom it is the better, for it must be turned upon a plate, and stuck with Bay-leaves when you please to eat it.

To bake Brawnne.

TAKE two Buttocks and hang them up two or three dayes, then take them down and dip them into hot-water, and pluck off the skin, dry them very well with a cleane Cloth, when you have so done, take Lard, cut it in pieces as big as your little finger, and season it very well with Pepper, Cloves, Mace, Nutmeg, and Salt, put each of them into an earthen Pot, put in a pint of Claret-wine, a pound of Mutton Suet. So close it with paste,

let the Oven be well heated, and so bake them, you must give them time for the baking, according to the bigness of the Haunches and the thickness of the Pots, they commonly allot seven hours for the baking of them; let them stand three dayes, then take off their Covers, and pour away all the liquor, then have clarified butter, and fill up both the pots to keep it for the use, it will very well keep two or three moneths.

To roast a Pike.

TAKE a Pike, scoure off the slime, take out the entrails, lard it with the backs of Pickled Herrings, you must have a sharpe Bodkin to make the holes, no Larding-pins will go thorow, then take some great Oysters, Claret-wine, season it with Pepper, Salt and Nutmeg, stuff the belly of the Pike with these Oysters, intermix with them Rosemary, Tyme, Winterfavory, sweet Marjoram, a little Onion and Garlick, sow these in the belly of the Pike, prepare two sticks about the breadth of a Lath, these two sticks and the Spit must be as broad as the Pike being tyed on the Spit, tie the Pike on, winding Pack-thread about the Pike along, but there must be tied by the Pack-thread all along the side of the Pike

Pike which is not defended by the Spit, and the Lathes Rosemary and Bayes, baste the Pike with Butter and Claret-wine, with some Anchoves dissolved in it, when it is wasted, rip up the belly of the Pike and the Oyster will be the same, but the herbs which are whole must be taken out.

To sauce Eeles.

TAKE two or three great Eeles, rub them in Salt, draw out the guts, wash them very cleane, cut them athwart on both sides sound deep, and cut them againe crosse way, then cut them thorow in such pieces as you think fit, and put them into a Dish with a pint of Wine Vinegar, and an handful of Salt, have a Kettle over the fire with fair water, and a bundle of sweet Herbes, two or three great Onions, some Mace, a few Cloves, you must let these lie in Wine Vinegar and Salt, and put them into boyling Liquor, there let them boyle according to Cookery, when enough, take out the Eeles, and draine them from the Liquor, when they are cold take a pint of white-Wine, boyle it up with Saffron to colour the Wine, then take out some of the Liquor, or put it in an earthen

pan, take out the Onyons and all the herbs, onely let the Cloves and Mace remain, you must beat the Saffron to Powder or else it will not colour.

To make Sausages without skins.

TAke a Leg of young Pork, two pound of Beef-suet, two handfuls of Sage, two loaves of white bread, Salt and Pepper to your taste, half the Pork and half the Suet must be very well beaten in a stone mortar, the rest cut very small, be sure to cut out all Gressles and Lenets in the Pork, when you have mixed these altogether, knead them into a stiff Paste with the yolks of two or three Eggs, so roul them into Sausages.

To dresse a Pike.

TAke a male Pike, rub his skin off whilst he lives with Bay-salt, having well cleared the outside, lay him in a large Dish or Tray, open him so as you break not his Gall, cut him according to the size of the fish in two or three pieces, from the head to the tail must be slit, this done, they are to be laid as flat as you can in a great Dish or Tray, pour upon it half a pint of White-wine-vinegar, more or lesse, according to the size of

of the fish, then strew upon the inside of the fish White salt plentifully, Bay salt beaten very small is better, whilst this is a doing, let a Skellet with a sufficient quantity of Renish Wine, or good White-wine, be put over the fire, with the Wine Salt, Ginger, Nutmeg, an Onyon, four or five Cloves of Garlick, a bunch of sweet herbs, viz. Sweet-marjoram, Rosemary, Pill of half a Lemon, let these boil to the heighth, put in the Pike with the Vinegar, in such manner as not to quench or allay, if possible, the heat of the Liquor, put the thickest piece first, that will aske most boyling, and the Vinegar last of all; while the Pike boyls, take two quarters of a pound of Anchoves, one quarter of very good Butter, a Saucer of the Liquor your Pike was boyled in, dissolved Anchoves. Not that the Liquor, Sauce, the Spice and the other Ingredients must follow the proportion of the Pike; if your Sauce be too strong of the Anchoves, adde more fair water to it. Note also, the Liquor wherein this Pike was dressed, is better to boyle a second Pike therein, than it was at the first.

To dresse Eeles.

CUT two or three Eeles into pieces of a convenient length, set them end-ways in a pot of Earth, put in a spoonfull or two of water, and to them put some Herbes and Sage chopt small, some Garlick, Pepper and Salt, so let them be baked in an Oven.

To boyle a Pudding after the French fashion.

TAKE a Turkey that is very fat, and being pull'd and drest, Lard him with long pieces of Lard, first wholed in seasoning of Salt, Pepper, Nutmeg, Cloves and Mace, then take one piece of Lard whole in the seasoning, put it into the belly with a sprigge of Rosemary and Bayes, sew it very close in a cleane Cloth, and let it lie all night covered with White-wine, let it be put into a pot with the same Liquor and no more, let it be close stopped, then hang it over a very soft

soft and gentle fire, there to continue six houres in a simpering boile, when it is cold take it out of the cloth, not before, put it in a Pie-plate, and stick it full of Rosemary and Bayes, so serve it up with Mustard and Sugar, they are wont to lay it on a Napkin folded square, and lay it corner-wise.

To make a Fricake.

TAKE three Chickens, and pull off the skins, and cut them into little pieces, then put them into water with two or three Onyons and a bunch of Parsley, and when it hath stewed a little, put in some Salt and Pepper, and a pint of White-wine, so let them stew till they be enough, then take some Verjuyce, and Nutmegs, and three or foure yolkes of Egges, beate them well together, and when you take off the Chickens, put them into a Frying-pan altogether with some Butter, scald it well over the fire, and serve it in.

To make a Dish called Olives.

TAKE a Fillet of Veal, and the flesh from the bones, and the fat and skin from either, cut it into very thin slices, beat them with the back of your Knife, lay them abroad on a Dish, season them with Nutmeg, Pepper, Salt and Sugar, chop half a pound of Beef-suet very small, and strew upon the top of the meat, then take a good handful of herbs, as Parsley, Tyme, winter savory, Sorrel and Spinage, chop them very small, and strew over it, and four Eggs with the whites, mingle these all well together with your hands, then roul it up piece by piece, put it upon the Spit, roasting it an hour and half, and if it grow dry bast it with a little sweet Butter, the sauce is Verjuice or Claret-wine with the Gravy of the meat and Sugar, take a whole Onyon and stew it on a Chafing-dish of Coals, and when it tastes of the Onyon, pour the liquor from it on the meat, setting it a while on the Coals, and serve it in.

*To**To make an Olive-Pye.*

THIS you may take in a Pie, putting Raisins of the Sun stoned and some Currans in every Olive, first strowing upon the meat the whites and yolks of two boyled Eggs shred very small, make your Olives round, and put them into Puff-paste, when it is half baked put in a good quantity of Verjuice or Claret-wine sweetned with Sugar, putting it in again till it be thorough baked.

The Countesse of RUTLANDS Receipt of making the rare Banbury Cake, which was so much praised at her Daughters (the Right Honourable the Lady Chaworths) Wedding.

Imprimis.

TAKE a peck of fine Flowre, and half an Ounce of large Mace, halfe an Ounce of Nutmegs, and halfe an Ounce of Cinnamon, your Cinnamon and Nutmegs must be sifted through a Searce, two pounds of Butter, halfe a score of Eggs, put out four of the whites of them
some

something above a pint of good Ale-yeast, beate your Egges very well and straine them with your Yeast, and a little warme water into your Flowre, and stirre them together, then put your Butter cold in little Lumpes: The water you knead withall must be scalding hot, if you will make it good Paste, the which having done, lay the Paste to rise in a warme Cloth, a quarter of an houre, or there-upon; then put in tenne pounds of Currans, and a little Muske and Ambergreece dissolved in Rosewater, your Currans must be made very dry, or else they will make your Cake heavy, strew as much Sugar finely beaten amongst the Currans, as you shall thinke the water hath taken away the sweetnesse from them; breake your Paste into little pieces, into a kimmel or such like thing, and lay a Layer of Paste broken into little pieces, and a Layer of Currans, untill your Currans are all put in, mingle the Paste and the Currans very well, but take heed of breaking the Currans, you must take out a piece of Paste after it hath risen in a warme cloth before you put in the Currans to cover the top, and the bottome, you must roule the Cover something

thing thin, and the bottome likewise, and wet it with Rosewater, and close them at the bottome of the side, or the midd'e which you like best, prick the top and the sides with a small long pin, when your Cake is ready to go into the Oven, cut it in the midst of the sight round about with a Knife an inch deep, if your Cake be of a peck of Meale, it must stand two houres in the Oven, your Oven must be as hot as for manchet.

An excellent Syllabub.

FILL your Syllabub-pot with Syder (for that is the best for a Syllabub) and good store of Sugar and a little Nutmeg; stirre it well together, put in as much thick Cream by two or three spoonfuls at a time, as hard as you can, as though you milke it in, then stir it together exceeding softly once about, and let it stand two hours at least ere it is eaten, for the standing makes the Curd.

To sauce a Pig.

TAKE a fair large Pigge and cut off his Head, then slit him through the midst, then take forth his bones, then lay him in warme water one night, then Collar him up like Brawne, then boyle him tender in fair water, and when he is boyled put him in an earthen pot or pan into water and Salt, for that will make him white, and season the flesh, for you must not put Salt in the boyling, for that will make it black, then take a quart of the same Broth, and a quart of White-wine, boyle them together to make some drink for it, put into it two or three Bay-leaves, when it is cold uncloath the Pig, and put it into the same drink, and it will continue a quarter of a year. It is a necessary Dish in any Gentlemans house; when you serve it in, serve it with green Fennel, as you do Sturgion with Vinegar in Saucers.

To make a Virginia Trout.

TAKE Pickled Herrings, cut off their Heads, and lay the bodies two dayes and nights in water, then wash them well then

then season them with Mace, Cinnamon, Cloves, Pepper, and a little Red Saunders, then lay them close in a pot with a little Onyon strewed small upon them, and cast between every Layer; when you have thus done, put in a pint of Claret-Wine to them, and cover them with a double paper tyed on the pot, and set them in the Oven with Household-bread. They are to be eaten cold.

To make a fat Lamb of a Pig.

TAKE a fat Pig and scald him, and cut off his head, slit him and trusse him up like a Lamb, then being slit through the middle, and flayed, then parboyle him a little, then draw him with Parsley as you do a Lamb, then roast it and dridge it, and serve it up with Butter, Pepper and Sugar.

To make Rice Pancakes.

TAKE a pound of Rice, and boyle it in three quarts of water till it be very tender, then put it into a pot covered close, and that will make a Jelly, then take a quart of Creame or new Milke, put

put it scalding hot to the Rice, then take twenty Eggs, three quarters of a pound of melted Butter, a little Salt, stirre all these well together, put as much Flowre to them as will make them hold frying, they must be fryed with Butter, they must be made overnight, best.

Mrs. Dukes Cake.

Take a quarter of a peck of the finest Flowre, a pint of Creame, ten yolks of Eggs well beaten, three quarters of a pound of Butter gently melted, poure on the Flowre a little Ale-yeast, a quarter of a pint of Rosewater, with some Muske, and Amber-greece dissolved in it, season all with a penny worth of Mace and Cloves, a little Nutmeg finely beaten, Currans one pound and an halfe, Raisins of the Sun stoned, and shred small one pound, Almonds blanched and beaten halfe a pound, beat them with Rosewater to keep them from Oyling: Sugar beaten very small half a pound; first mingle them, knead all these together, then let them lie a full hour in the Dough together, then the Oven being made ready, make up your Cake, let not the Oven be too hot, nor shut up the mouth of it too close,

close, but stir the Cake now and then that it may bake all alike, let it not stand a full houre in the Oven. Against you draw it have some Rosewater and Sugar finely beaten, and well mixed together to wash the upper side of it, then set it in the Oven to dry, when you draw it out, it will shew like Ice.

To make fine Pancakes fryed without Butter or Lard.

Take a pint of Creame, six new-laid Eggs, beat them very well, put in a quarter of a pound of Sugar, one Nutmeg or beaten Mace, which you please, as much Flower as will thicken them almost as thick as for ordinary Pancakes, your pan must be clean wiped with a cloth, when it is reasonably hot, put in your Butter or thick or thin as you please, to fry them.

To pot Venison.

Take an Hamch of Venison not hunted, and bone it, then take three Ounces of Pepper beaten, twelve Nutmegs with an handfull of Salt, and mince them together with Wine-vinegar, then wet your Venison with Wine-vinegar, and season it

it, then with a Knife make holes on the lean sides of the Hanch, and stuff it as you would stuff Beef with Parsley, then put it into the pot with the fat side downward, then clarify three pound of Butter, and put it thereon, and paste upon the Pot, and let it stand in the Oven five or six hours, then take it out, and with a vent presse it down to the bottome of the Pot, and let it stand till it be cold, then take the Gravie of the top of the pot and melt it, and boyle it half away and more, then put it in again with the Butter on the top of the Pot.

To make a Marchpane: to Ice him, &c.

TAKE two pound of Almonds blanched, and beaten in a stone Mortar till they begin to come to a fine Paste, and take a pound of sifted Sugar, and put it in the Mortar with the Almonds, and so leave it till it come to a perfect Paste, putting in now and then a spoonful of Rosewater to keep them from Oyling; when you have beaten them to a perfect Paste, cover the Marchpane in a sheet, as big as a Charger, and set an edge about
as

as you do about a Tart and a bottome of Wafers under him; thus bake it in an Oven or Baking-pan, when you see your Marchpane is hard and dry, take it out and Ice him with Rosewater and Sugar, being made as thick as Butter for Fritters; so spread it on him with a Wing-feather, so put it into the Oven again, and when you see it rise high, then take it out and garnish it with some pretty conceits, made part of the same stuff, stick long Cumfets upright in him, so serve it.

To make Jelly the best manner.

TAKE a Leg of Veal, and pare away the fat as clean as you can, wash it thoroughly, let it lie soaking a quarter of an hour or more, provided you first break the bones, then take four Calves feet, scald off the hair in boiling water, then slit them in two and put them to your Veal, let them boyle over the fire in a bras pot with two Gallons of water or more according to the proportion of your Veal, scum it very clean and often; so let it boyle till it comes to three pintes or a little more, then straine it through a clean strainer into a Bason,

Bason, and so let it stand till it be through cold and well jellied; then cut it in pieces with a Knife, and pare the top and the bottome of them, put it into a Skillet, take two ounces of Cinnamon broken very small with your hand, three Nutmegs sliced, one Race of Ginger, a large Mace or two, a little quantity of Salt, one spoonfull of Wine-vinegar, or Rose-vinegar, one pound and three quarters of Sugar, a pint of Rennish-wine, or White-wine, and the Whites of fifteene Egges well beaten; put all these to the Jelly, then set it on the fire, and let it seeth two or three walmes, ever stirring it as it seeths, then take a very cleane Jelly-bag, wash the bottom of it in a little Rose-water, and wring it so hard that there remaine none behind, put a branch of Rosemary in the bottome of the bag, hang it up before the fire over a Bason; and poure the Jelly-bag into the Bason, provided in any case you stirre not the bag, then take Jelly in the Bason and put it into your bag againe, let it run the second time, and it will be very much the clearer; so you may put it into your Gally-pots or Glasses which you please, and set them a cooling on Bay-salt, and when

when it is cold and stiff you may use it at your pleasure, if you will have the Jelly of a red colour, use it as before, onely instead of Renish Wine use Claret.

To make poor Knights.

CUT two penny Loaves in round slices, dip them in half a pint of Cream, or faire water, then lay them abroad in a dish, and beat three Eggs and grated Nutmegs and Sugar, beat them with the Cream, then melt some Butter in a Frying-pan, and wet the sides of the Toasts and lay them in on the wet side, then poure in the rest upon them, and so fry them, serve them in with Rosewater, Sugar and Butter.

To make Shrewsbury Cakes.

TAKE two pound of Flowre dryed in the Oven, and weighed after it is dryed, then put to it one pound of Butter that must be laid an houre or two in Rosewater, so done, poure the water from the Butter, and put the Butter to the Flowre with the yolkes and whites of five Eggs, two Races of Ginger, and three quarters of a pound of Sugar, a little Salt, grate your spice, and it will be the

the better knead all these together till you may roule the Paste, then roul it forth with the top of a Bowle, then prick them with a pin made of wood, or if you have a Comb that hath not been used, that will do them quickly, and is best to that purpose, so bake them upon Pie-plates, but not too much in the Oven, for the heat of the Plates will dry them very much, after they come forth of the Oven you may cut them without the Bowles of what bignesse of what fashion you please.

To make Beef like Red Deer to be eaten cold.

TAke a Buttock of Beef, cut it the long wayes with the grain, beat it well with a Rouling-pin, then broyle it upon the coals, a little after it is cold draw it through with Lard, then lay in some White-wine-vinegar, Pepper, Salt, Cloves, Mace and Bay-leaves, then let it lie three or four dayes, then bake it in Rye-paste, and when it is cold fill it up with Butter, after a fortnight it will be eaten.

To

To make Puffs.

TAke a pint of Cheefe curds and dreine them dry, bruiſe them ſmall with the hand, put in two handfulls of flower, a little Sugar, three or foure yolks of Eggs, a little Nutmeg and Salt, mingle theſe together and make them little, like eyes, fry them in freſh butter, ſerve them up with freſh butter and Sugar.

To make a baſh of Chickens.

TAke fix Chickens, quarter them, cover them almoſt with water, and ſeaſon them with Pepper and ſalt, and a good handful of minced parſley, and a little White-wine, when they are boyled enough, put fix Eggs, onely the yolks, put to them a little Nutmeg and vinegar, give them a little walm or two with the Chickens, pour them altogether into a diſh and ſerve them in, when you put on the Eggs, and a good piece of butter.

To make an Almond Caudle.

TAke three pints of Ale, boyle it with Cloves, Mace, and ſliced bread into it, then have ready beaten a pound of blanched

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ched Almonds stamped in a mortar, with a little White-wine, then strain them out with a pint of White-wine, thicken your Ale with it, sweeten it as you please, and be sure you skim the Ale well when it boyles.

To make scalding Cheefe towards the latter end of May.

TAKE your Evening Milk, and put it into boules or earthen pans, then in the morning fleet off the Cream in a boule by it self, put the fleet milk into a Tub with the morning milk, then put in the nights Cream, and stir it together, and heat the milk, and put in the Rennet; as for ordinary new-milke Cheefe, it is to be made thick: when the Cheefe is come, gather the Curd into the Cheefe-cloth, and set the Whey on the fire till it be seething hot: put the Cheefe in a Cloth into a Killar that hath a waste in the bottom, and pour in the hot Whey, then let out that and put in more till your Curd feel hard, then break the Curd with your hands as small as you can, and put an handfull of salt to it, then put it into the Fat, turn it at noon and at night, and next day put it into a Trough where Cheefe is salted every day, and turn it as long as any will enter, then

then lay it on a Table or Shelf all Summer; if you will have it mellow to eat within a year, it must be laid in Hay in the Spring; if to keep two years, let it dry on a Shelf out of the wind all the next Summer, and in Winter lay them in Hay a while, or lay them close one to another; I seldome lay any in Hay, I turn and rub them with a rotten cloth, especially when they are old, once a week lest they rot.

To pickle Purslaine.

TAKE Purslaine, stalks and all, boyl them tender in fair water, then lay them drying upon Linnen cloaths, then being dried, put them into the Galley-pots, and cover them with Wine-vinegar mixed with Salt, and not make the Pickle so strong as for Cucumbers.

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